

 SCHOLASTIC

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Parent & Child[®]

YOUR GUIDE TO HAPPY, CONFIDENT KIDS

hello, spring

*easter crafts! treats!
fresh veggie dinners!*

**RAISE A
CAN-DO KID**
*15 ways to boost
independence*

**best-ever
birthday
party ideas**



**THE SECRET
TO SIBLING
HARMONY**
p. 34

←
**MAKE A
FUNNY
BUNNY!**
P. 23



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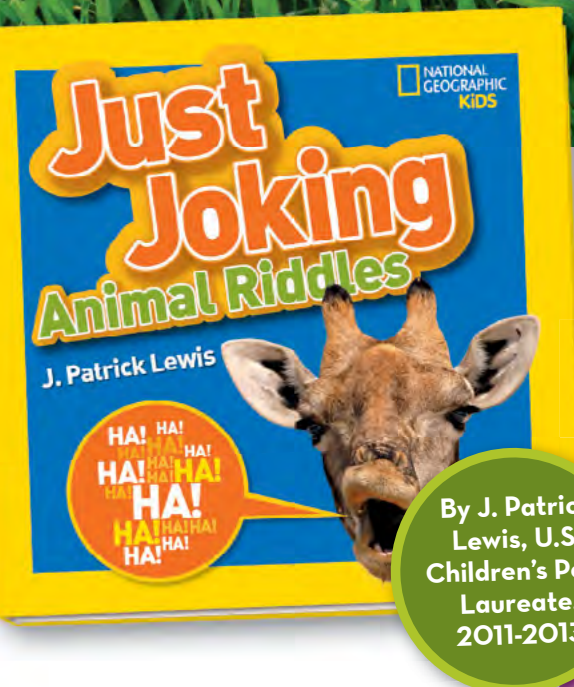
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By J. Patrick Lewis, U.S. Children's Poet Laureate, 2011-2013

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HOW YOU DO APRIL FOOL'S DAY

Our faithful Facebook followers shared their funniest kid-friendly pranks and traditions. These gems are guaranteed to inspire a giggle in you and your kids:

"I've served backward meals, like meatloaf and mashed potato 'cupcakes' or pound cake and yellow icing 'grilled cheese.'"
—Jenn Liberi
Cipolla, NJ

"I poured cereal and milk into bowls and froze them. The next morning I served them!"
—Danielle
Johnson, UT

"Short-sheet their beds: Pull flat sheet to head of bed; tuck in. Place pillow on top. Pull bottom of flat sheet up toward pillow. Hide fold with a blanket."
—Tom Booth,
P&C Staffer

"We made a word search of spring words, but none of them were in the puzzle! The first few letters were included, but the rest weren't."
—Meenal Patel
Parikh, OH

kidQ

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These techy round-ups help keep kids busy (and sharp) while on the go:

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Scholastic.com/pcmathapps

BOOK APPS
Scholastic.com/pcbookapps

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Keep your eyes peeled for more questions on Facebook and Twitter for a chance to appear in our mag!

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Staffers' kids get egg-cited: (from above) Amanda Kirk's li'l bunny, Sophia; crafts to dye for; Jennie Utschig's tiny spring sprite, Emma

SPRING IT ON!

Here at P&C, we have spring fever. After weeks of dreaming up new ways to celebrate the sunny season, staffers can't wait to make this issue's adorable and easy Easter crafts (p. 22) and treats (p. 69) with their own kids (check out a couple of 'em, above).

Of course, the magazine is full of the smart advice you expect from us, too. For example, ever wondered, "What's the right age to teach my kid to [blank]?" Recently, P&C's publisher, Jamie, asked me this question (he wanted to know if his daughter could handle using a knife to cut her own food). We address his query and more in "When Is My Kid Ready?" on page 50. Plus, we tackle sibling battles (p. 34) and migraines (learn why they're so tough to spot in kids on page 62).

I hope you'll find our April edition as helpful and inspiring in your family's life as it is in the lives of the folks who bring it to you.



EDITOR-IN-CHIEF
WRITE TO ME!
JANE@SCHOLASTIC.COM

FOLLOW ME ON
INSTAGRAM!
@janenussbaum

Jane

WIN \$500!

Tell us what you think of this issue. Visit Scholastic.com/pcaprilsurvey to answer a few Q's and you'll be entered to win 500 bucks. Easy!

NO PURCHASE NECESSARY. Sweepstakes is open only to legal residents of the 50 United States (including D.C.), who are over the age of 18 at the time of entry and who read the April issue of the magazine. Void where prohibited. Deadline for entry is 11:59 p.m. EST on April 30, 2015. Go to Scholastic.com/pcaprilsurvey for official rules and to enter.

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BUSY MINDS



FOLLOW THE RAINBOW

Brighten their day with the fascinating science of colors

1. Have your child pour $\frac{1}{2}$ cup of the following, in this order, in a glass jar: honey, corn syrup (mixed with purple food dye), green dish soap, and water (mixed with blue food dye). Top with 1 cup olive oil. Be sure she pours each liquid into the middle of the jar.

2. With a dropper, squeeze $\frac{1}{2}$ cup of rubbing alcohol (mixed with red food dye) along the sides of the container; apply the drops in a circular motion.

3. As you admire the rainbow, explain that the liquids form layers

because they have different weights, or densities. Heavier liquids sink below lighter ones. Guess which one is heaviest!

4. Next, let kids guess how far different materials will sink into the layers. Experiment with paper clips, beads, and pennies. Your child will see that some objects sink faster than others. This demonstrates that solids have different densities, just like liquids.

Source: Sean Musselman, K-5 science specialist for Burlington, MA, public schools



THE SCIENCE OF KIDS

ARE YOU SMARTER THAN A PRESCHOOLER?

The new finding Four- and five-year-olds are able to figure out how a gadget works faster than college students, research reveals.

The explanation In order to solve a problem, little kids try a variety of strategies instead of jumping to the most obvious fix (and doggedly sticking to it) the way adults do. For example, if the app suddenly quits in the middle of a game, your preschooler may decide to take the tablet to another room rather than trying to restart the device the way you might. (And because WiFi

connections vary in different parts of the house, he may just hit on the solution.)

The takeaway Step back and let kids figure out challenges on their own without correcting them, even if what they're doing doesn't make sense to you. Is your preschooler putting together the puzzle with the picture side facing down? Wait and see; he may be on to something. Even if he fails, this type of creativity and determination will come in handy all through the school years—and beyond!



THE TRUTH ABOUT TUTORING

If the cost of a tutor freaks you out, consider this: One-on-one human interaction boosts grades in a way online tutorials never will. That's because tutors spend about half their time dealing with the **emotional side of learning** (feeling frustrated, say). When kids are content, their brains function better, explains Gayani DeSilva, M.D., child psychiatrist with St. Joseph Hospital in Orange, CA. Find the right tutor with **Tutorselect.com**, which lets you search by zip code, subject, and age range, then sorts results by qualifications and hourly rates.



ALL THE NEWS FIT FOR KIDS

Stumped on how to explain the latest headlines to your kid? Check out **Newsela.com, which reports current events in a way that even third-graders can understand**. Create a free account, and then browse the topics. Click on the bar alongside each article to adjust the complexity to suit your child's comprehension and age.

Good Morning, Let the Stress Begin

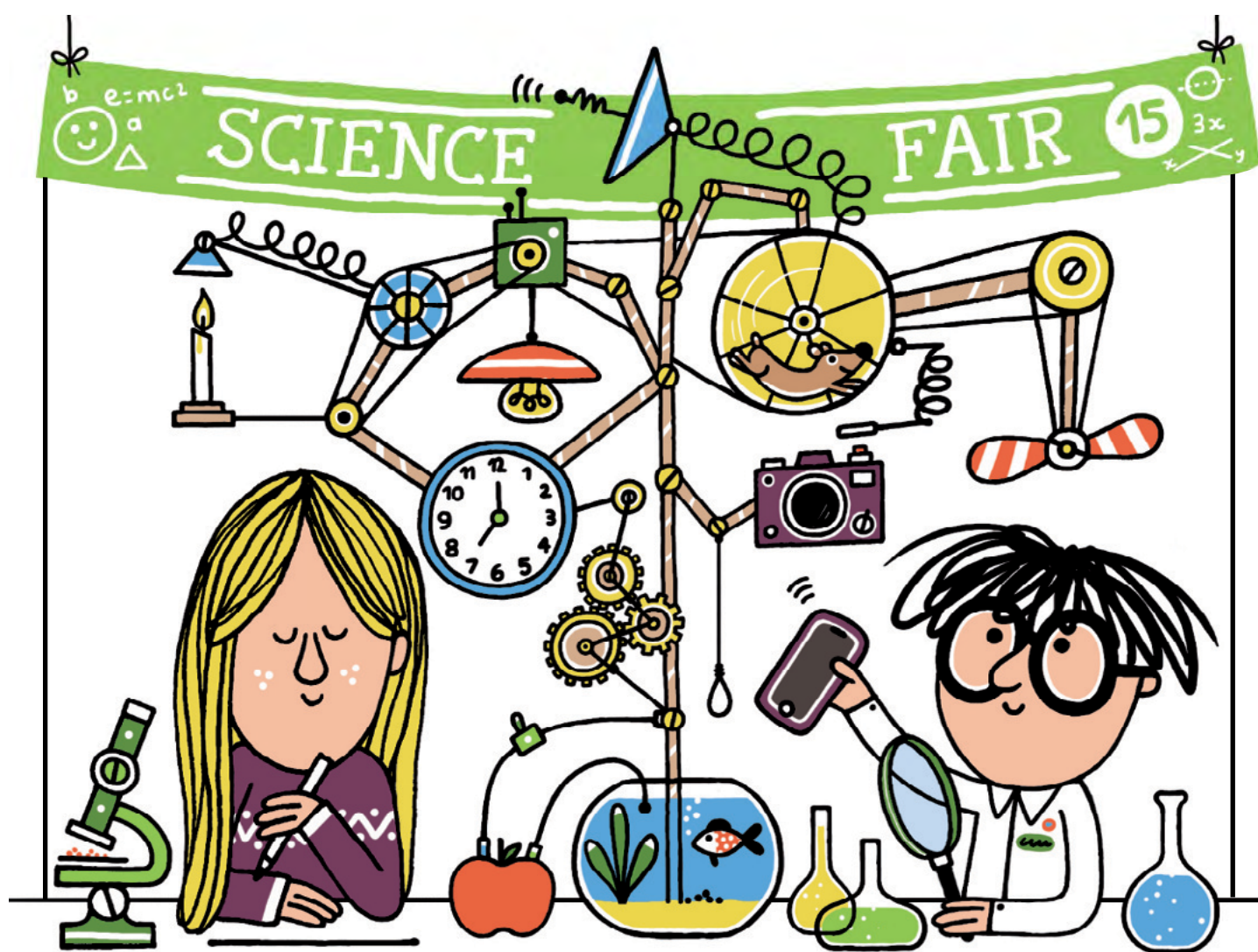
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GRADES 3-5

SCIENCE-FAIR SMARTS

Choosing a kid-friendly, doable experiment for the school science fair can be tough if your scientific know-how dates back to high-school bio. To find the perfect project for your child, follow these quick tips from Linda Froschauer, former president of the National Science Teachers Association:

DON'T BE AFRAID TO BORROW

Stressed about coming up with an original idea on your own? Don't be. It's okay to take ideas from a site or an app—your child still has to find a solution and write up the data on her own.

HOP ONLINE Instead of Googling aimlessly, go to Sciencebuddies.org and click on the Project Ideas tab. Plug in your kid's grade and project due date into the Selection Wizard and together answer such questions as "Do you like animals more than computers?" to pinpoint his interests. The site suggests hundreds of grade-friendly topics, from constructing a solar collector to testing the grease in potato chips. It also clues you in to how many days the experiment takes as well as its probable cost.

NARROW THE FOCUS Make sure the project includes a question that can be answered with hands-on investigation: "Do dogs breathe harder after they play?" or "How do

dandelions spread their seeds?" Skip any idea that can't be tested, like "Why is the sky blue?"

GET THE TEACHER'S INPUT

Look over the guidelines for specific judging or grading criteria to ensure the proposed experiment fits the bill. Not sure? Ask for an after-school consultation with the teacher—and bring your child along, so he can get personal pointers.

LET YOUR KID TAKE OVER

Of course, you'll need to pitch in for a younger grade-schooler (say, by pouring boiling water), but by fourth grade, most students can handle the work with minimal help. Plus, kids will learn valuable lessons, such as how to manage their time and how to discuss the ins and outs of their experiment in front of others.

—Melody Warnick

AGES
6-10



MINIMIZE TEST ANXIETY

Even first-graders get exam jitters, so try these tips from Sian Beilock, Ph.D., a psychologist at the University of Chicago and the author of *How the Body Knows Its Mind*:

the night before

Have your child jot down what he's worried about (or dictate it to you). Offloading fears on paper can help keep the importance of one quiz in perspective. Plus, it helps the brain focus on what's really crucial.

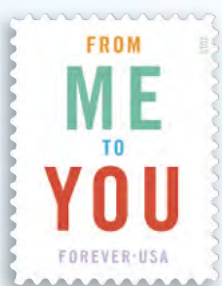
the morning of

Help your kid think more positively about how her body reacts to stress. When her heart thumps, have her imagine it's an energizing force sending blood to power up the brain—not a sign she's messing up. Butterflies in the belly are another way her body gears up to think better.

during the test

Tell your kid to breathe deeply and think about the reasons he'll do well: He studied hard, say. Focusing on success can ensure that your child performs at his best.

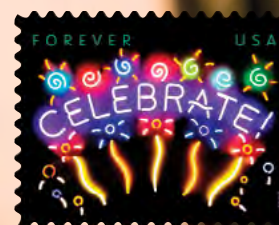
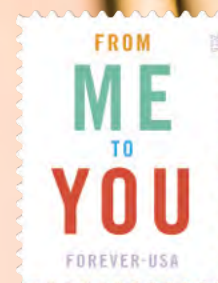
April is National Card and Letter Writing Month



See for yourself how a simple piece of mail can make someone smile.

A letter or card sent through the mail provides a special and personal way to connect with others, and is a tangible testament to how much the recipient means to you. Celebrate the connections you and your child make with others with a special stamp designed just for the occasion. Look for the new **From Me to You** Forever® stamp at your local Post Office™ or visit USPS® online.

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the night with
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BOOKS
WITHOUT
WORDS**

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to training...



- Trusted, benzocaine-free relief in Tablets and Gel
- Now available in a nighttime gel formula



- Fluoride-free cleansers
- Gentle care for first teeth and gums

they help visual thinkers play to their strengths

Reading is hard for beginners, so taking some of the pressure off with wordless picture books can build confidence. This type of book helps convey the message of the story without the anxiety associated with text, says Gabrielle Miller, Ed.D., national executive director of Raising A Reader. Reluctant readers can get comfortable with the idea of "reading."

they incorporate context clues

With no set narrative to guide the plot, wordless picture books leave a lot to the imagination. But that doesn't mean there's no story line! Full of vivid illustrations, these books encourage

children to use the detailed images to pick up on context clues and figure out what's happening. Those same clues will be a factor in decoding text later, and recognizing their importance can help kids become good readers.

they welcome retelling

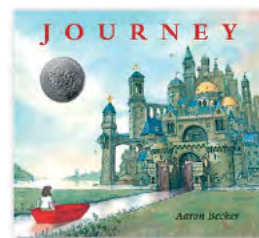
Whether you reread it once or every night at bedtime, there's always a new direction for a wordless picture book to take. Encouraging kids to think of new possibilities and reinterpret the story in different ways is a fun way to get them excited about reading. And revving up their imagination can inspire them to create their own stories and work their way up to writing, too!

—**Maria Minsker**

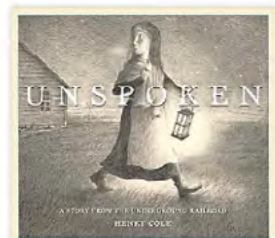
PAGE-TURNING PICKS



FLASHLIGHT
by Lizi Boyd
A little boy explores the backyard at night with a flashlight—what kinds of creatures will he find? Silly, inspired illustrations that play on the nighttime tableau will fascinate your little one. **Chronicle, \$17. Ages 2 to 6.**



JOURNEY
by Aaron Becker
Armed with just her red marker, the adventurous girl at the center of this award-winning story is transported to a magical world and friendship after drawing a passageway on her bedroom wall. **Candlewick, \$16. Ages 3 to 7.**



UNSPOKEN: A STORY FROM THE UNDERGROUND RAILROAD
by Henry Cole
A young girl finds an escaped slave in her family's barn. Should she help the runaway or turn a blind eye? A story about courage and humanity, this is a must-read for kids and adults alike. **Scholastic, \$17. Ages 8 to 10.**

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When Grandma is Far Away

Four fun ways for kids to stay connected with long-distance family

Ask kids why they adore their grandparents, and you'll probably hear everything from, "Grandma always says yes to candy!" to "Grandpa gives THE BEST hugs!" Without a doubt, the connection children share with their grandparents is one of the most special and most important in their lives—which is why it can be all the more distressing when you all don't live close by. In fact, 80 percent of grandparents live at least 50 miles away from their grandkids, and nearly half live more than 200 miles away, according to AARP. The happy news? There's a lot you can do to help your parents and children forge a deep bond despite the miles between them.

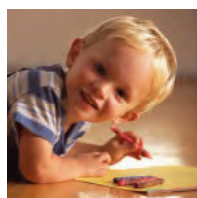
CREATE A "MY FAMILY" PHOTO BOOK



When kids are very little, they can sometimes forget who's who in between visits. To help make their grandparents, aunts, uncles, and cousins an everyday part of their lives, mount snapshots of each relative on scrapbook paper or card stock and write down everyone's name. Punch holes on one

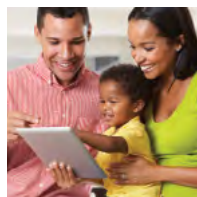
side and bind the pages together. Add "My Family" to the rotation of bedtime stories, and share memories of the times your child spent with each person.

BE PEN PALS



Kids love, love, love to get their own mail, so encourage your child to swap letters, drawings, and postcards with Nana and PopPop every few weeks. Another variation: Give your child a disposable camera to document her day or week, then send it to her grandparents. Have them do the same and send their camera to you. Once the photos (real ones!) are developed, they'll have a blast describing and explaining each one over the phone.

TAKE ADVANTAGE OF TECHNOLOGY



One of the hardest things about living far apart is missing the daily routines. But with apps like Panasonic's

HomeTeam™, your kids and their grandparents can see, talk, and play together whenever they want: Choose from hundreds of books to read together and a variety of games to play together on your tablets and PCs while video chatting at the same time. Each subscription includes multiple users, so you can invite other long-distance friends and family to log on, too. You can try it for free by downloading the app from iTunes and the Google Play store or visit www.MyHomeTeam.com.

PLAN A GETAWAY



Of course visiting each other's homes is wonderful, but experiencing a new place together creates memories that last and last. And that's true whether you splurge on a big trip or decide to meet in the middle at that sweet town on the lake. Trust us, they'll never forget watching Grandma steal the karaoke show or Grandpa cannonballing it off the high board!

HomeTeam™ — keep your family close wherever you are



When distance separates grandparents and grandchildren, HomeTeam from Panasonic helps bring them together. It's an online service that lets them see and talk with each other, while sharing classic children's books or playing fun games at the same time. Select from hundreds of books in our online library, like Curious George, or choose classic games like checkers or tic-tac-toe. Imagine watching your child and her grandparents share an interactive bonding experience — reading stories, turning pages and enjoying illustrations together.

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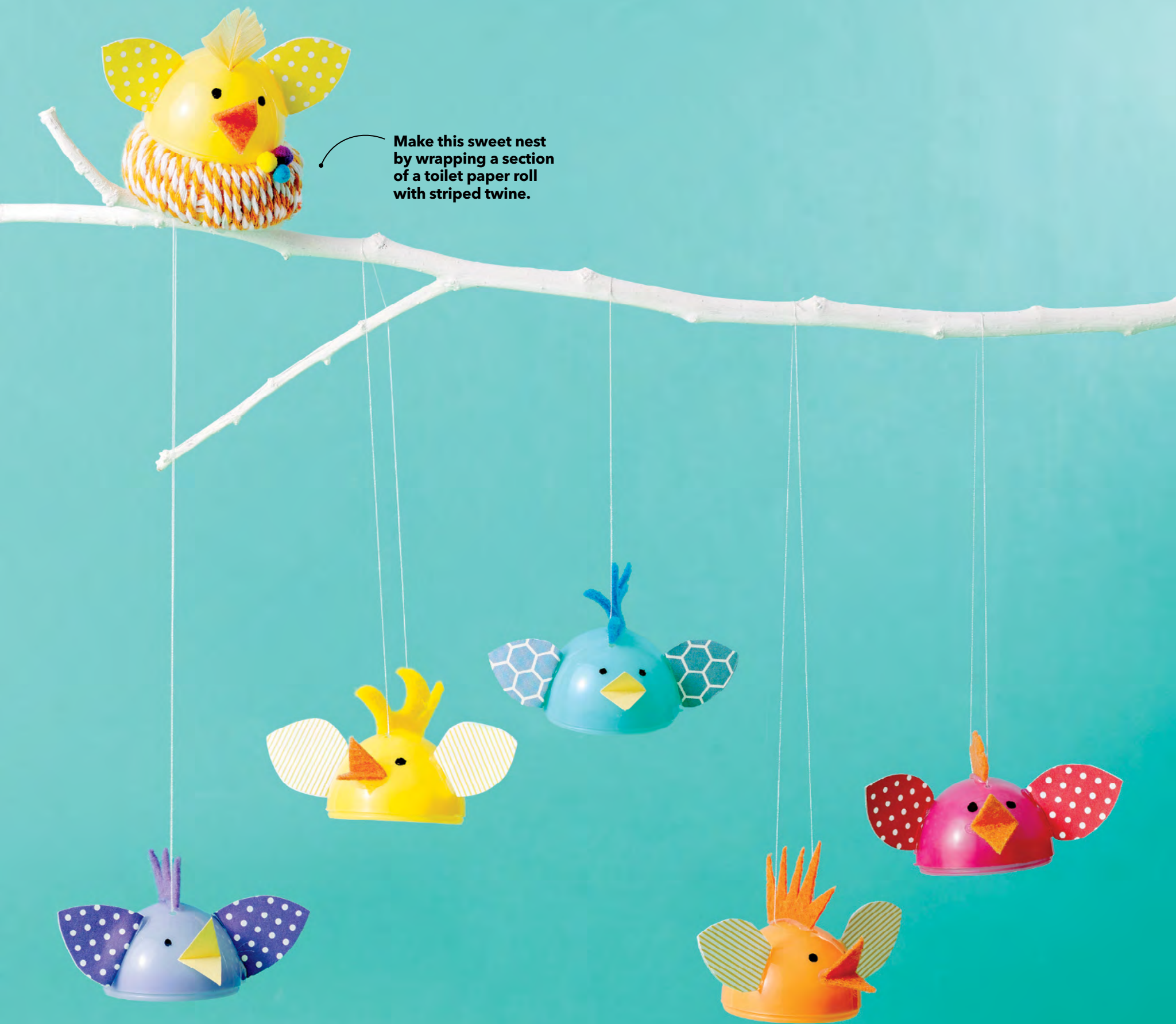


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EGGS, OVER EASY

Transform colorful plastic eggs into these three adorably simple projects, doable for even your youngest hatchlings

BY BRIDGET CLEGG PHOTOGRAPHS BY EMILY KATE ROEMER

◀ CHICK MOBILE

Baby birds take to the sky with a little help from some clear fishing line

1. Thread line through the two holes on top of the smaller half of the egg. Use a marker to draw two dots for eyes.
2. Draw a wing shape on patterned scrapbook paper. Cut out; use as a template for other wings. Fold down the bottoms to create flaps; attach to sides of eggs with craft glue.
3. Snip mohawks and kite shapes from colorful felt or card stock. Fold kites in half as beaks. Attach with craft glue.
4. Suspend the birds from a white branch (available at craft stores), then hang the mobile.

For a how-to video, visit Scholastic.com/pcbirmobile.



▲ MINI PLANTERS

These little containers are ideal for petite blooms

1. Use craft glue to attach trim (such as rickrack) or pom-poms to the larger half of each egg.
2. With hot glue, affix a small button atop a larger one to make a base. Then, hot-glue eggs to the bases.
3. Fill each egg with a handful of pebbles, then add 1" of dirt. Transplant tiny kalanchoe, daisies, or cacti.

◀ LI'L BUNNIES

Cute cottontails come together in minutes

1. Cut cardboard into ovals with pointed tips. Snip white felt into a smaller version of the same shape.
2. Paint cardboard to match egg hue, then glue down felt; attach ears with hot glue.
3. Draw dots for the eyes.
4. Glue on a small white pom-pom "nose" and a larger white pom-pom for the tail.



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The Power of Poetry

Turning your child onto verses can help her become a better reader

Most of us don't hesitate to read nursery rhymes to our little ones—after all, they're meant for the youngest of kids. But as kids get older, it's important to keep poems on the bedtime rotation because they reinforce critical literacy skills like rhyming. Being able to identify different sounds is one of the first steps to becoming a fluent reader. It doesn't take much to get your kids hooked:

Hit the Library

If you're not sure where to start, anything by Shel Silverstein is always hit, same goes for Jack Prelutsky and Judith Viorst. And pick up a pocket-size rhyming dictionary. Your child will likely spend hours using it to come up with her own increasingly clever poems.

Ask Questions

The point of many poems is to share the poet's emotion, or to make the reader see connections between her own life and the poet's. The best way to help your child connect the dots is to ask questions, like: *How do you feel after hearing that poem? How do you think the poet felt when he was writing it?* and *Does that part of the poem remind you of anything?*

Let loose with limericks

These five-line poems have a specific rhyming pattern: The first, second, and fifth lines rhyme with each other while the third and fourth lines do. You'll know a limerick when you hear one. They're easy to pen, usually funny, and always catchy. In other words, kids love them.

Attempt Acrostics

An acrostic is a simple poem in which the first letter of each line spells out another word. Writing one works on recognizing letter sounds and boosts vocabulary. When trying acrostic poetry for the first time, use the child's name or a favorite activity. Have him write the word vertically and capitalize each letter. Then start brainstorming words or phrases that start with each one. Here's one for Leo:

Loves to read under the covers
Eggs he could do without
Oh but soccer? Bring it on!

For more on getting your kids to read, check out scholastic.com/readingunderthecovers

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We're by your side, when pollen counts are on the rise.

More than 20% of kids suffer from seasonal allergies, such as tree pollen in early spring. You can help reduce symptoms with showers or baths when kids come in from outside, by washing clothes after outdoor play and by keeping windows shut, especially when traveling by car.

For more allergy tips, visit childrens.com/health

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FIELD GUIDE
TO THE

alpha kid

If your kid is a born leader, he's probably chatty and generous, but he may also be a know-it-all and a perfectionist. Your job: Bring out your child's good qualities without making him feel incompetent. Do it with these tips:

► **ENCOURAGE TEAMWORK**

Involve your kid in a community project, like prepping sandwiches for a shelter or cleaning up the playground, to give him a sense of purpose without always having to be the head honcho. He'll practice following directions and working alongside others. Or give him grown-up chores—writing the grocery list, say—to help him feel useful.

► **WIDEN HIS COMFORT ZONE**

Alpha kids shy away from unfamiliar situations where they might make a mistake or, worse, fail. If your kid is a ham, encourage her to try out for the school play. Whether she lands a lead part or a bit role—or nothing at all—she'll learn that she can survive and even triumph over scary situations.

► **BUILD UP EMPATHY**

Your child's bossy nature won't cost him friends when he's little, but around age 8, his actions may begin to turn off potential buddies. A simple role-playing activity ("If you were in my shoes...") can teach him how to consider other people's emotions.

Source: Michelle Anthony, Ph.D., co-author of Little Girls Can Be Mean



allergy update

Timely relief for sniffling toddlers: Little ones can get reliable allergy test results, contrary to a misconception that testing isn't accurate until age 3. The options: a skin-prick test that scratches allergens onto the back or forearm or a blood test that measures allergen-specific antibodies. Which is best for your itchy child? Scratch-test results are ready in 15 minutes, but kids have to stop taking antihistamines five days prior. Meds don't interfere with the blood test, and results arrive in about a week.

BROKEN BONES 101

Nearly half of all boys and a quarter of girls break a bone before age 16. (Since kids' bones are porous, they're more likely to sustain a break than a sprain.) If your child takes a major tumble this spring, use this info from Joshua M. Abzug, M.D., director of pediatric orthopedics at the University of Maryland Medical Center in Baltimore, to help ID and treat a fracture as effectively as possible.

signs it's serious

THE INJURY LOOKS DISLOCATED

If your kid's finger or ankle seems displaced, that's probably a break. But not all fractures cause visible dislocation, so look for swelling, bruising, or tenderness, too.

YOUR KID HEARD A SNAP If there was a grinding sound when your child got hurt, she likely broke a bone. Another sign? A lot of pain, even if she didn't hear a pop.

what to do

SKIP THE PEDIATRICIAN "The pediatrician's office often doesn't have an x-ray machine or splinting material, so head straight to a hospital or urgent care," says Dr. Abzug. It's fine to drive—unless your child's bone has broken through his skin or his pain is worse when you pick him up. If so, call 911.

STABILIZE WHILE IN TRANSIT

"Never, ever try to realign a dislocation unless you are trained

to do so," Dr. Abzug warns. Instead, immobilize the injured area by resting it on a hard-back book or cutting board and using an Ace bandage to keep it steady.

PAY ATTENTION IN THE ER "Splints that are applied incorrectly can increase pain, cause swelling, and delay healing," Dr. Abzug notes. Check that an injured ankle is wrapped at a 90-degree angle, or that a wrist splint leaves room for fingers to fully bend. A strip of cotton between skin and elastic bandages helps prevent sores.

FOLLOW UP Check in with a pediatric orthopedic specialist within three days.

ENERGY DRINK DANGER

Poison alert: In the last few years, ER docs have seen toxic reactions to energy drinks skyrocket, from 840 cases per year to 14,042—over half of them involving kids younger than 6, who guzzle from open cans, says Steven E. Lipshultz, M.D., pediatrician-in-chief at Children's Hospital of Michigan in Detroit. **The highly caffeinated drinks can have life-threatening side effects, such as seizures and arrhythmias.** If your child has imbibed, call Poison Control ASAP.

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AUTISM HELP FOR MOM AND DAD

In the largest study of its kind, researchers at Florida State University found that toddlers with autism benefit greatly when their parents receive expert training that emphasizes social communication skills. The extra good news: If you're the parent of an autistic child, there are plenty of resources to help you learn effective strategies. A few to check out:

Practice PLAY

Consultants from the PLAY Project can visit your home, coach you, and model various techniques suited for interacting with children ages 18 months to 6 years. They also offer online and in-person workshops. Find one near you at Playproject.org.

Gain a community

Easter Seals (Easterseals.com) and Autism Speaks (Autismspeaks.org) have affiliates that can point you in the right direction

for nearby parent-training help. Each site allows you to search by location.

Search online

Web-based training programs such as Michigan State University's free, 3-month ImPACT Online Communication Training program offer moms and dads videos, manuals, and homework assignments about communication. UCDavis Mind Institute's Center for Excellence in Developmental Disabilities also offers two online courses.

BABY
TALK

55%

of U.S. parents say their babies sleep with pillows, blankets, bumpers, and other loose bedding despite strong recommendations against their use, a new study from the Centers for Disease Control and Prevention found. Keep your little one's crib limited to a fitted sheet to reduce SIDS and suffocation risks. Find safe-sleep tips at NICHDSIDS.org.

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"MY 3-YEAR-OLD KEEPS EATING HIS BOOGERS! I KNOW IT'S GROSS, BUT IS IT ACTUALLY BAD FOR HIM?"

"NOT REALLY," says Kathleen Berchelmann, M.D., assistant professor of pediatrics at Washington University School of Medicine in St. Louis. "Your child is already ingesting nasal discharge every day when mucus drains from the nasal cavity into his throat. Picking his nose and eating it is not much different." But nose-picking can have health consequences for others. "Influenza and other illnesses are spread through nasal secretions. Kids should wash their hands whenever they've stuck fingers up their nose,"

Dr. Berchelmann notes. It's also smart to keep nails trimmed so germs don't linger and spread. Got a chronic pick-and-eater? Address the cause of the boogies. "A dry nose—whether from allergies or dehydration—leads to nose-picking," Dr. Berchelmann explains. Prevent dry nasal passages by treating underlying allergies and using saline nose drops or cool-air humidifiers. If your child must pick, encourage him to do so in the privacy of the bathroom—where he can also easily wash his hands after!

the fun way to boost self-control

Wait for it: Preschoolers who viewed a video of Cookie Monster practicing ways to curb his sweet tooth held off from devouring their own treat four minutes longer than kids who watched an unrelated video, according to a new study. "Delaying gratification and impulse control are skills kids need to succeed in school," says Erin Wilkey Oh of Common Sense Media. To teach them, cue up Cookie Monster's *Me Want It (But Me Wait)* on SesameWorkshop.org, then try these games and shows:



Kiko's Thinking Time

10 games help foster executive-function skills like logical reasoning and memory. *iPhone, iPad, free. Ages 4+*



Fun with Directions HD

Little ones practice following one-, two-, and multi-step instructions. *iPad, \$16. Ages 4+*



Henry Hugglemonster

Henry helps kids understand social dynamics and problem-solving. *Disney Junior, free. Ages 3+*

NO VACCINES, NO DAYCARE?

About 41% of parents think undervaccinated kids should be excluded from daycare, according to a recent University of Michigan C.S. Mott Children's Hospital National Poll on children's health. There's more variation in daycare policies than there is in schools, which adhere to a specific schedule. If you're concerned, ask your child's daycare provider about its particular vaccination rules.



umpty Dumpty sat on a wall,

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SETTLING SIBLING SPATS

THEY'RE BUDDIES ONE MINUTE, BRAWLING THE NEXT. LEARN TO REFEREE WHILE HELPING SIBS RESOLVE THEIR OWN BATTLES

BY CARA BIRNBAUM

THE SHRIEKS COMING FROM the playroom a few nights ago were grab-the-ice-pack loud. Thankfully, I found no blood when I arrived on the scene. Just tubes of glitter and glue littering the rug after an angry tug-of-war. I wanted to back away slowly and let the wee ones duke it out while I finished cooking dinner. Alas, I knew that June, 6, and Lyle, 3, who play and spar with equal gusto, are about as good at conflict resolution as they are at vacuuming.

What can I expect? Sibling relationships are fraught—particularly when they're young; living under one roof is challenging if personalities don't mesh well. And even if they do, sibs are in constant competition for resources, whether it's toys, a coveted spot on the couch, or parental attention. What's more, the parts of their brain responsible for rational reasoning are still a work in progress, leaving them more vulnerable to emotional outbursts. These spats

are brutal on us adults, “whose deepest wish is that our children will get along well, that they'll have a friend forever,” says child psychologist Eileen Kennedy-Moore, Ph.D., author of *What About Me?: 12 Ways to Get Your Parents' Attention (Without Hitting Your Sister)*.

If my kids' fights seemed mean-spirited or cruel, I'd have cause for worry, says Dr. Kennedy-Moore. “No child should have to grow up afraid of being seriously hurt, ridiculed, or routinely ganged up on by siblings.” (Those kids who do live with a bullying sibling are at increased risk for depression, anxiety, and other long-term issues.) As for minor squabbles, “young kids typically get over them quickly,” she says. “I've never had a client confide, ‘I feel bad about myself, because my brother called me a ‘doody face’ a few times.’”

In fact, with adult guidance, these battles provide a safe space for kids to test-drive conflict-resolution skills, notes

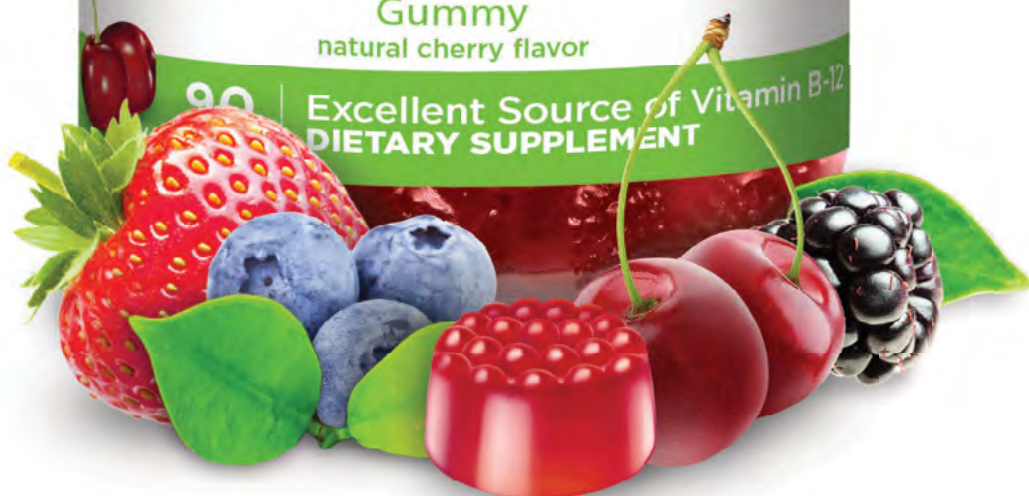
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Jeffrey Kluger, author of *The Sibling Effect: What the Bonds Among Brothers and Sisters Reveal About Us*. “You learn when it’s wise to stand up for yourself and when to back down, while knowing no matter how much you fight with your brother, you’ll still be sharing a room that night.”
For parents, the operative word is *guidance*: less steamrolling over conflicts—

which makes kids feel unheard and helpless—and more helping them express themselves and listen to one another’s needs. We asked child-development gurus for tips on how to help kids through some of the trickiest sibling flashpoints.
“I had it first!”
When the model airplane no one cared about an hour ago launches World War III,

it’s tempting to bark out the parenting standby: Share it or lose it! But researchers have found that simply snatching away the prized toy without helping your children work through the conflict undermines kids’ diplomacy skills—and turns you into the bad guy.
Instead, start with an impartial observation that makes each child feel heard, understood, and part of one

team, says clinical psychologist Laura Markham, Ph.D., author of *Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life* (out in May). One to try: “I see two kids here and one airplane. Can we figure this out together?”
If you’re met with an angry chorus of, “It’s my turn,” taking the plane may very well be your best path to détente—provided you play coach, rather than drill sergeant. Calmly suggesting, “Let’s put the plane on this shelf while we talk,” and leading them to another room frees them up to problem solve. Perhaps they’ll morph into a pilot–air traffic controller team—or you can nudge your older one to show your youngest how the propellers work. “The more kids are allowed to come up with their own solutions, the more invested they feel in their success,” says Dr. Kennedy-Moore.
What if the sibling who rightfully had the toy first refuses to cede any ground? Growing numbers of child development experts say

WHEN SIBS COME TO BLOWS

Nearly all kids fight physically from time to time; strong emotions make it hard for them to talk things out. How to deal:

- | | | | | |
|---|---|--|--|--|
| 1. Set the rule
Establish a house edict: “Hurting your sibling is not okay.” Lay out consequences for breaking the pact ahead of time (and follow through on them) while presenting your kids with alternatives to lashing out, like using “I feel ...” sentences to vent their frustrations. | 2. Be a buffer
If you actually catch sibs hitting each other, get between them to protect each child. Cool everyone down with a deep breath, then gently touch both kids to make them feel more connected to you and to each other. | 3. Don’t banish the aggressor
“Defuse the conflict by acknowledging that both kids are part of the equation and responsible for resolving it,” says Samantha Kurtzman-Counter, president of The Mother Company. Let both kids take turns explaining what happened and echo back their words. | 4. Help kids make amends
Letting the aggressor make up for his behavior helps kids move forward, says Dr. Kennedy-Moore. The amends might take the form of tackling a chore for the wronged sibling or just doing a kindness, like reading a story with him. | 5. Follow up
The best time to confront the kid who initiated the battle is after it’s blown over, says Abbie Schiller, founder of The Mother Company. “Have a snuggle and let your child know that you were concerned about his behavior and that you expect different things from him.” |
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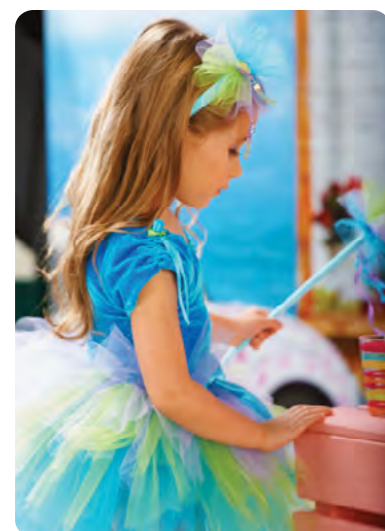
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forcing him to share it interrupts his valuable play—and is just plain unfair. (How would *you* feel if someone ordered you to stop playing Candy Crush after five minutes and let your neighbor have a turn?) Instead, you might ask: “Jacob, your sister would like to play with it—how long do you think you’ll use it?” suggests Dr. Markham.

She recommends not allowing turns to last more than a day, but in your house, the timeframe might be more like a few hours, or even an hour. Limiting one sib’s turn to any less than that—and setting a timer to make that child

turn over a toy—means you’re essentially ordering him to share and teaching his sister that she’d better enjoy her turn, because she’ll probably have to give it up soon.

While little sis is waiting, you might propose she build a runway with blocks. Dr. Markham swears, more often than not, your kid will tire of his plane and pass it along before his self-imposed turn is up.

“Mommy gave you more ice cream!”

See also: “It’s my turn with Daddy!” and “She always helps you first!” Fighting for parents’ attention—

exhausting and unwinnable as it is for you—is actually a hard-wired survival instinct, says Dr. Markham. “Every child looks at his sibling and unconsciously wonders: If there’s a famine, who gets the food? If a tiger jumps out from behind a bush, who will she save?”

Reassuring kids that Mama Bear’s got their backs doesn’t mean treating them equally all the time. Instead, acknowledge how hard your big one’s math problem looks and tell her you’ll be all hers the second you’re done reading to her sister.

Better yet, try heading off *what-about-me* squabbles with “preventative mainte-

nance,” Dr. Markham says. “Spend one-on-one time with each child every day, even if it’s just 10 minutes.” That means putting away the phone and observing the colors he’s used in his drawing; it will send the message that whatever your kid is doing is important to you. Notes Dr. Markham: “When each child can count on that special time, they’re much less jealous when you give attention to the other.”

“Leave me alone!”

They’ve got a whole house to play in, so why are your kids brawling over who gets dibs on the couch when there’s a comfy chair a foot

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away? Neither wants to give up turf, says Dr. Kennedy-Moore, and flaring tempers shift brain activity from rational regions into the emotional ones. That's why you'll rarely hear your warring parties announce, "We need some space."

Setting house rules about community areas is a must, say moms Abbie Schiller and Samantha Kurtzman-Counter. (Their latest Mother Company project gives sibs tools to resolve conflicts; see the box below.) "Kids need to know that things like couches are shared—no one is allowed to claim them as their own," says Schiller. "If sharing communal spaces can't happen, then no one stays there."

At the same time, don't make them share *everything*. "We all need private zones where we don't have to interact," says Dr. Markham. The more you can map out those spots for siblings before battles break out, the better. While Schiller's kids share a room, for example, the house rule is that each child's bed is their sacred spot. "Having things that belong to them alone is soothing for kids," she says.

"There's nothing to do, and he's bothering me!"

We don't know your kids, but are they in the back seat of the car right now? Stuck inside on a rainy day? Or tagging along on your coffee date with a friend? When they're cooped up and bored, sibs might start a fight to get attention from one another or to drag you from whatever you're doing.

The good news: Anticipating these fights is easy once you learn to spot the root causes. You know, for example, that if your kids stayed up late the night before, they're cranky and a blow-up could be imminent. Schiller suggests heading it off by saying, "You guys didn't get enough sleep. If you start to feel grumpy with each other, use your words." You might even plan ahead to separate them, setting up a playdate for one sib and taking the other to the park.

If boredom threatens to make them snap, set out activities each child can do alone, like watercolors or play dough. Distract them with an impromptu dance party. Or turn battle cries into a hilarious, nonsensical song—they'll be too busy wondering, *What's with Mom?* to keep sparring. ■



HELP SIBS FIND THE LOVE!

The Mother Company's engaging new video, *Ruby's Studio: The Siblings Show*, teaches kids how to resolve arguments, deal with jealousy, and avoid physical fighting—all while having fun! You can buy the DVD (\$15) or download the program (\$12) at Themotheco.com starting April 10.



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ME TIME

RELAX, REFLECT, REFRESH

GET ZEN

Ready to unwind? University of Massachusetts Amherst psychologist Susan Krauss Whitbourne, Ph.D., suggests this ritual: Close your eyes. Curl and relax your fingers, then your toes. Shrug and unshrug your shoulders. Take a deep breath through your mouth. Picture a calm place and focus on it for a few minutes, then open your eyes. Repeat cycle twice more to fully de-stress!

DO A DIY SPA DAY!

Relax (you've earned it) with easy at-home spa treatments and tips, plus our favorite pampering products



HOMEMADE BEAUTY RECIPES!

1. reviving face mask

Alexis Wolfer, author of *The Recipe for Radiance* and editor of Thebeautybean.com, created this natural exfoliant.

- 1/3 cup oatmeal
- 1/3 avocado
- 1/2 Tbsp honey

TO MAKE

1. In a food processor, grind oatmeal; transfer to small bowl.
2. Purée avocado and honey; mix with oats until combined.
3. Apply a thin layer to face and neck; let sit for 15 minutes.
4. Cover face with warm washcloth for five minutes so avocado oil can penetrate; use cloth to gently remove mask.

2. hydrating hair salve

This formula from Oscar Blandi colorist Kyle White leaves locks soft for up to four weeks! (For short hair, halve ingredients.)

- 1/4 cup honey
- 1/4 cup blackstrap molasses
- 1/4 cup olive oil
- 1 splash apple cider vinegar
- 1 jar baby food bananas

TO MAKE

1. Mix ingredients; divide dry hair into four sections.
2. Apply treatment to each section, starting with hair at nape of neck.
3. Cover hair with shower cap for an hour. Rinse out; wash and condition as usual.

3. energizing body scrub

Natural beauty pro Tata Harper (see her line at Tataharperskin.com) uses this potion to brighten and firm dull skin.

- 1/2 cup organic coconut oil
- 1 Tbsp raw honey
- 1 Tbsp ground coffee
- 1/2 cup sugar
- 5 drops grapefruit essential oil

TO MAKE

1. Mix ingredients together in a medium-sized bowl; transfer to a waterproof container.
2. In the shower, rub scrub on dry areas, then rinse. Leftovers can be stored in bathroom; the mixture doesn't go bad!

5 shortcuts to total bliss

Spoil yourself on the double with these fresh finds!



Aromatherapy Shower Kit

Clip the diffuser to your shower's neck and enjoy the scent of essential oils. Essioshower.com, \$45



Massage Bar

This cocoa and shea butter wonder works out kinks, then melts on skin. Lushusa.com, \$11



Thera Pearl Eye Mask

Bausch + Lomb's tired-eye cure can be heated in the microwave or used cold. Walgreens.com, \$10



Insta-Dri Nail Polish

This one-coat formula from Sally Hansen dries in 60 seconds flat. Walmart.com, \$4



Pedi Perfect Foot File

Prep skin for sandal season with Amopé's electronic exfoliator. Target.com, \$37

DOES DEPRESSION HOLD YOU BACK FROM WHAT YOU ENJOY?

Depression is a serious medical condition that can keep you feeling sad, helpless, and uninterested in your favorite activities. It can make you feel like you have to constantly wind yourself up.

PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression. In clinical studies, PRISTIQ 50 mg also helped improve patients' ability to function according to a scale* used to measure how depression disrupts the following areas:

- Work
- Social life/leisure activities
- Family life/home responsibilities

If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.

Important Safety Information about PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk of suicidal thinking and behavior in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive or restless. Should these occur, report them to a doctor right away. PRISTIQ is not approved for use in children under 18.

Do not take PRISTIQ if you are allergic to desvenlafaxine, venlafaxine, or any of the ingredients in PRISTIQ. Do not take PRISTIQ if you currently take, or have taken within the last 14 days, any medicine known as an MAOI (including intravenous methylene blue or the antibiotic linezolid). Allow 7 days after stopping PRISTIQ before starting an MAOI. Taking an MAOI with PRISTIQ can cause serious or even life-threatening side effects.

Before taking PRISTIQ, tell your healthcare professional about all prescription and over-the-counter medications and supplements you take or plan to take including: those to treat migraines or psychiatric disorders (including other antidepressants) to avoid serotonin syndrome, a potentially life-threatening condition; aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding. PRISTIQ may cause or worsen some conditions, so tell your healthcare professional about all the medical conditions you have or had including:

- High blood pressure, which should be controlled before starting PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, a history of stroke, kidney or liver problems, or low sodium levels in your blood



- Bleeding problems
- Depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- Nursing, pregnancy, or plans to become pregnant

Some people are at risk for visual problems such as eye pain, changes in vision, or swelling or redness around the eye. You may want to undergo an eye examination to see if you are at risk and get preventative treatment if you are. Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your health care professional before stopping or changing your dose.

Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. In clinical studies, most common side effects with PRISTIQ 50 mg were nausea, dizziness, sweating, constipation, and decreased appetite.

Indication

PRISTIQ is a prescription medication approved for the treatment of major depressive disorder in adults.

Please see brief summary of Full Prescribing Information, including BOXED WARNING, on following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Sheehan Disability Scale (a validated measure of functional impairment) total score for Pristiq vs placebo.

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Tablets

Read the Medication Guide that comes with your prescription before you start taking PRISTIQ and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical conditions or treatment.

Talk to your healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood
- new or worse irritability

What else do I need to know about antidepressant medicines?

- Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.
- Antidepressants are medicines used to treat depression and other illnesses. It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- Antidepressant medicines have other side effects. Talk to the healthcare provider about the side effects of this medicine.
- Antidepressant medicines can interact with other medicines. Know all of the medicines that you take. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- Not all antidepressant medicines prescribed for children are FDA approved for use in children. Talk to your child's healthcare provider for more information.

Important Information about Pristiq Extended-Release Tablets

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- take a monoamine oxidase inhibitor (MAOI). Ask your healthcare provider or pharmacist if you are not sure if you take an MAOI, including the antibiotic linezolid and the intravenous medicine methylene blue.
- have taken an MAOI within 7 days of stopping Pristiq unless directed by your healthcare provider.
- have started PRISTIQ and if you stopped taking an MAOI in the last 14 days unless directed by your healthcare provider.

What should I tell my healthcare provider before taking Pristiq?

- Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
 - have heart problems
 - have high cholesterol or high triglycerides
 - history of stroke
 - have or had depression, suicidal thoughts or behavior
 - have kidney problems
 - have liver problems
 - have or had bleeding problems
 - have or had seizures or convulsions
 - have mania or bipolar disorder
 - have low sodium levels in your blood
 - are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
 - are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

This brief summary is based on Pristiq Prescribing Information LAB-0539-6.0, revised June 2014.
PQP671007-01

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Serotonin syndrome

Rare, but potentially life-threatening, conditions called serotonin syndrome can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic and intravenous methylene blue)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- New or worsened high blood pressure (hypertension). Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- Abnormal bleeding or bruising. Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- Visual problems
 - eye pain
 - changes in vision
 - swelling or redness in or around the eye
 Only some people are at risk for these problems. You may want to undergo an eye examination to see if you are at risk and receive preventative treatment if you are.
- Symptoms when stopping Pristiq (discontinuation symptoms). Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

Seizures (convulsions)

- Low sodium levels in your blood. Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.
- Lung problems. Some people who have taken the medicine venlafaxine which is the same kind of medicine as the medicine in PRISTIQ have had lung problems. Symptoms of lung problems include difficulty breathing, cough, or chest discomfort. Tell your healthcare provider right away if you have any of these symptoms.

Common side effects with Pristiq include:

- nausea
- dizziness
- insomnia
- sweating
- constipation
- sleepiness
- loss of appetite
- anxiety
- decreased sex drive
- delayed orgasm and ejaculation

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Need more information?

- Ask your doctor or pharmacist. This is only a summary of important information.
- Go to www.pristiq.com or call 1-800-PRISTIQ (1-800-774-7847).

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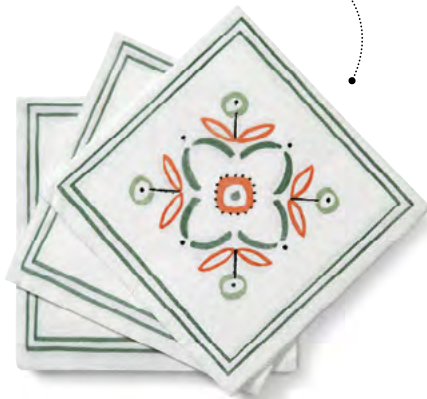
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A cereal bowl with flowery sketches makes breakfast a little lovelier. **Worldmarket.com, \$8**



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SPRAY ROSES

This hardworking garden tool marries pretty and practical. **Burkedecor.com, \$49**



PICTURE PERFECT Snag a wilt-proof print of artist Bridget Beth Collins's botanical creations. **Floraforager.com, \$12 for a 6" x 6" print**



HOME PLATES

RETURNING TO THE NEST, I FOUND TRUE NOURISHMENT

BY PARI CHANG ILLUSTRATIONS BY MARGARET MCCARTNEY



“THOSE AREN’T YOUR thyroid pills, Mom,” I said, pointing to the objects that she held in her hand. “That’s a seed from a clementine and half an Apple Jack.” My son, only 6, had hidden her bifocals and was now vamping with them on the tip of his nose.

“So that’s where my

glasses are!” My mom squinted her green eyes like Mr. Magoo, pretending she couldn’t see anything at all. Moving back into my childhood home during my divorce wasn’t my first choice, but I’ve come to appreciate this fleeting time with my young children and their grandmother.

That said, there are many differences between my mother and me. I am a tofu-friendly, herbs-from-the-garden cook. She is a bi-weekly customer at the local diner. I usually make dinner and she does the grocery shopping (bless her). I’ve singed my thumbs on the decrepit handles

of her pots but refuse to dig my cookware from the boxes in her attic. Fetch my Le Creuset? Means I’m here to stay.

Beneath the kitchen is the basement, my partitioned space: I practice law on one side and sleep on the other. Once my mother saw me on Skype after

hours—in my prim blazer and pajama bottoms with flip flops—and knew I was very busy with my job.

“You work,” she said. “I’ll take care of dinner for tomorrow night.”

She returned upstairs and got to work marinating chicken thighs in Soy Vay teriyaki sauce. Cross-legged and forlorn, the poultry basted overnight in a Pyrex dish circa Eisenhower. The next evening, she defrosted broccoli florets and served them with the chicken. That’s all there was to it.

I tried to rally the troops. “Let’s all thank Grandma for making dinner.”

“Pink chicken!” my daughter exclaimed. She was 2 and starting to learn her colors.

“Is it raw?” my mother asked. She put the chicken back in the oven, then served it raw a second time.

“I usually finish it off on the grill, that’s the problem,” she explained.

I noticed my son hiding the broccoli in his napkin and winked at him. As a child, I’d had my own fraught relationship with the frozen vegetables in my mother’s kitchen. Her peas often came out as pruned as fingertips left too long in the bathtub.

Crabby with hunger, resentful of my circumstance, and (unfairly, ungraciously) frustrated with my well-intentioned mother, I excused myself and retreated to the garage to take a few deep breaths in my Subaru.

There are many differences between my mother and me. I am a tofu-friendly, herbs-from-the-garden cook. She is a bi-weekly customer at the local diner.

In the corner, the family freezer, a hulking rectangle, stood like a tombstone. My father, a butcher, had kept it stocked with London broil and kosher chickens, but he wasn’t a food connoisseur. He just consumed. Legs wide, belly out, from the head of the table he would carve whatever carcass my mother put in front of him.

Once a week, my mother made liver. She had a rule: Eat 10 bites. I willed myself to swallow. We ate as a family, but didn’t finish as one. My father would leave the table early and head for the upstairs toilet while my mother got a jump start on the dishes. She labored at the sink with a sigh.

I used to begrudge her that sigh, that sound of sacrifice and martyrdom. I didn’t yet know about motherhood and doing whatever it takes. I hadn’t learned that sometimes, what looks less than glorious can be a good thing.

As a girl, I was drawn more to my father, a teddy bear of a man with

an infectious laugh and a salesman’s charm. My mother let him—and anyone else—have the limelight. She never wanted it. What I mistook for meekness was, in fact, a life force quiet and steady. When my father died of cancer at 61, my mother could have fallen apart. Instead, she grieved. She grew. She didn’t sell the house and run to a 65-and-over condo. She stayed.

When my husband left us, I took a page out of her survival book. At the time, I had a 2-week-old baby girl and a 3-year-old son. My ex was in the midst of a midlife crisis and unemployed. I got my legal license reinstated and began practicing law for the first time in a decade. For two long years, I toughed it out on my own with the kids—but I wanted more time with them and we all needed emotional support.

So I moved back home to my mother’s, working between school pick-up and drop-off, saving money, and growing up.

It was humbling to return to the nest at 38.

But we needed a safe haven, and now she’s not alone. In the afternoons, my mother helps my son with his homework at the kitchen table. A former math teacher, she grills him on terms like “addend” and “sum.” So what if she serves pink chicken for dinner? My mother provides sustenance with a flair all her own.

In my Subaru, I blinked back tears. Then a fist the size of a fingerling potato knocked on the car window. My daughter handed me an apple. “You can eat this, Mama,” she said. “Grammy didn’t cook it.”

The next night, I made lentil chili. In my mother’s spice cabinet, I replaced 7-year-old oregano and paprika. She helped my son set the table. “Grandma,” he giggled, “forks and plates are not for chili.” He passed her bowls and spoons.

We sat down as a family at the Formica table of my youth. “Isn’t this good,” my mother said, tasting the dish for the first time. Then she tucked a bib into the collar of my daughter’s eyelet dress. ■



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MONEY



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FAME

Success
is most often
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only **1 in 5**
Americans surveyed feel
MONETARY WEALTH
is what
defines *success*

60%
loving what you
do for a living

66%
good
relationships

Those who
consider
themselves to be
successful



67%
attaining
personal goals



54%

say they have a
strong/supportive
family network

31%

describe themselves
as being
ambitious

83%* vs. **74%**

Americans with a college degree are significantly more likely than those without one to consider themselves a **successful person**

62%*
vs. 54%

of people who say they are successful,
report accomplishing most of their

life's goals ★

Source: Ipsos/Strayer University omnibus on behalf of The Success Project, August 2014. The margin of error for total Americans is $\pm 2.2\%$. If the study were replicated, the study findings would not vary by more than 2.2 percentage points in either direction 95 times out of 100. When an audience is significantly higher than the corresponding group, the number is denoted with an asterisk (*). For more information about Strayer University's Success Project, visit www.strayer.edu/buzz

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when is my kid

READY



Using power tools, lighting candles, walking home from school solo. Not sure when kids are capable of undertaking these challenges? We've got answers—so you can safely encourage your child's budding independence

BY ELIZABETH FOY LARSEN PHOTOGRAPHS BY AARON DYER

KEEPING MY KIDS SAFE was a major part of my job description when they were little. But as they grew, my mama bear instincts didn't ease up. I spotted them when they were on the monkey bars, despite the fact that they could swing with the ease of gibbons, and poked my head out the front door like a cuckoo in a clock whenever they played in the front yard.

Given my tendency to fret, I'm still amazed that my husband and I chose to send our children to a Montessori preschool, with its emphasis on teaching kids to master grown-up tasks like operating a toaster oven. But when I saw my then 4-year-old son, Peter, sigh with satisfaction after hammering a nail, I knew I needed to put my fears aside.

That experience sparked a passion for encouraging my kids to explore. Much of what I learned ended up in *Unbored: The Essential Field Guide to Serious Fun*, a family activity book that I co-authored. The response to that book has convinced me that parents don't *want* their kids to be over-protected. It's just that in a culture of balance bikes and kid trackers we've lost some of our ability to distinguish ordinary childhood risks from true danger.

Experts agree that our good intentions may not be doing our children any favors. "Taking healthy risks is a rich opportunity for discovering how the world works," explains Mariana Brussoni, Ph.D., an assistant professor at the University of British Columbia in Vancouver, Canada. "For

example, if your child is riding a bicycle on wet pavement, she'll find out that rounding a corner too quickly will make her slip, so she needs to adjust her habits."

In fact, Dr. Brussoni's research shows that risky play teaches kids to problem-solve and plan ahead. It's also safer than we think. "Kids who are taught how to properly use potentially dangerous things such as knives and tools when they're young actually learn how to approach them with more caution and respect," says Gever Tulley, the founder of Brightworks, a school in San Francisco where children build things using electric saws and power drills. Kids also gain confidence from being entrusted with "adult" chores, says Molly O'Shaughnessy, the executive director at the Montessori Center of Minnesota.

With that in mind, we've devised a list of activities kids can try with your supervision—and provided guidelines for how to tell if your child has the maturity she needs to take on each challenge. While these projects are grouped according to age, there are no hard rules when it comes to encouraging your budding risk-taker. For example, a kid who's grown up hiking on rugged terrain may be ready to climb trees at a younger age than one who's just used to the local playground. But no matter how mature your kids are, keep safety in mind: Make sure they have the right gear and explain that adults must always be present as they tackle these activities.



*Encourage big kids
to try this at home
(but only with parental
supervision and the
proper safety gear!).*

3- to 5-year-olds can...

USE A KNIFE

Cutting soft foods (think hard-boiled eggs) with a butter knife helps preschoolers hone the fine-motor skills they need to write or draw.

► **when they're ready** If your child is capable of spreading butter or jam on toast, he can handle slicing a banana.

► **start 'em off** There's no risk of a nick with a butter knife, but lay down safety habits now: Teach your preschooler that the hand holding the food should be shaped like a claw, with the fingers rolled underneath to protect them.

► **build on it** When your child is adept at cutting pickles and the like, he can graduate to chopping carrots and celery with a sharper blade.

► **keep in mind** Your paring knives should always be sharpened—dull blades are *more* dangerous because they can slip.

LIGHT CANDLES

All flames are capable of causing damage. Observing how fire behaves gives kids the chance to understand and respect its power, explains Tulley.

► **when they're ready** If your child says, "Let me try" as you reach for the matches, seize the moment, says Dr. Brussoni. Guide her hand as you strike the match and light the candles. If she's able to hold the match steady, she can try it alone.

► **start 'em off** Use wooden, 3-inch matchsticks, which are sturdier and burn more slowly than paper matches, and teach your child to strike them away from her face and body. Dropping the match in a cup of water is also safer than blowing it out.

► **keep in mind** Kids who are very fidgety aren't ready for this activity. And no matter how old your child is, lock away matches when you're done using them to prevent experiments when you aren't around.

► **build on it** Older school-age kids can make and light fires in a fireplace. In the process they learn about intake, combustion, and exhaust—the three components that make fire possible. Because fires produce smoke and carbon monoxide, make them only in well-ventilated areas. Keep buckets of water nearby to douse the flames.

IRON LINENS

Knowing how to press his clothes and other fabrics makes a kid feel useful. Plus, he practices the fine-motor skills he needs for activities that require lots of precision—tying shoes, say, or sewing buttons.

► **when they're ready** Kids need to know how to avoid getting tangled in cords or knocking over the ironing board.

► **start 'em off** Set your kid up with a small travel iron and travel ironing board if your regular one doesn't adjust to his height. Begin with napkins or other flat linens—they are less tricky to maneuver than clothing. With the appliance on the lowest setting, tell your child to hold down the cloth with his free hand, making sure he keeps it at least several inches away from the iron.

► **keep in mind** To avoid scorched fabrics, your child must move the iron back and forth constantly. When he's done, he needs to rest the appliance on its heel, not face down.

► **build on it** Once he's a pro at napkins, let him iron kid-sized clothes—his own or a sibling's.

6- to 7-year-olds can...

COOK A MEAL

Food prep is a great fix for picky eaters. Researchers at Teachers College at Columbia University in New York City found that kids who make meals are more likely to eat them (and even ask for seconds).

► **when they're ready** Your child needs to know how to read and measure and be able to wash her hands without being nagged repeatedly.

► **start 'em off** Together choose a dish that's fairly easy and doesn't involve a lot of slicing and dicing: Homemade mac and cheese is a good pick. Go through the fridge and pantry to see which ingredients you already have. Then shop for the rest as a team.

► **keep in mind** Sidestep scalds and other preventable accidents by using kid-sized potholders and baking ware, stirring with wooden spoons, and checking that pot handles are turned toward the back of the stove.

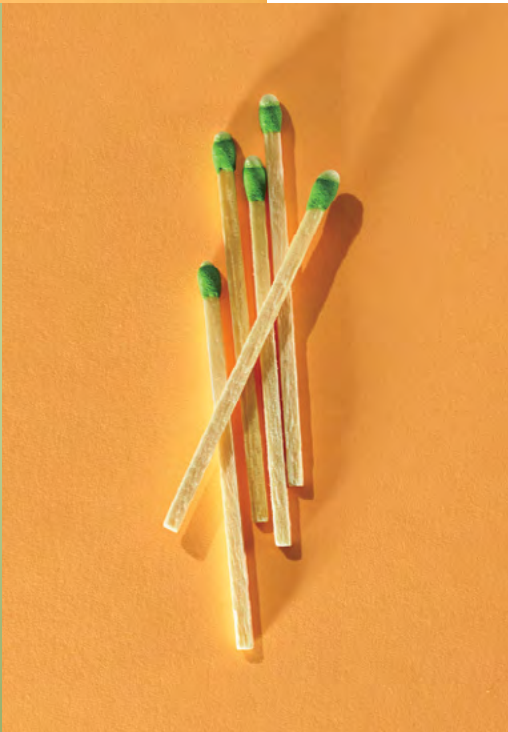
► **build on it** To hone math skills, look for recipes that involve more advanced chopping and can be doubled or halved.

CLIMB TREES

Kids who play outside in natural settings have better balance and agility than those who only hang out in playgrounds, researchers have found. The reason: Children have to be super-aware of where they're putting their hands and feet so that they don't fall.

► **when they're ready** While younger kids can clamber up a low branch or two, kids this age can tackle the whole tree.

► **start 'em off** Tree Climbing Planet, a climbing school based in Oregon, recommends picking a healthy tree with ladder-like



Not all kids are ready to take on a particular challenge at the same age.

Don't proceed if your child goofs off while you're teaching the right way to handle tools or ride the bus.



*Kids get a great deal
of confidence from
being entrusted with
adult chores. Just stand
by to supervise.*



branches that shoot out instead of up—if the first branch isn't easy for your child to reach, the tree is too tall. Teach kids to always place their feet and hands near the trunk—the strongest part of the branch—and to make sure they only grasp a branch if it's thicker than their wrists and has leaves, which means it's alive and more likely to support their body weight.

► **keep in mind** The tree should be clear of power lines, nests, or beehives—and the weather free of storm warnings. Most kids will ascend as high as they feel is safe to get back down, so if yours is reluctant to keep going, stop, says Dr. Brussoni. Also check what's below the tree: Mulch and grass can cushion a fall better than hard-packed dirt.

► **build on it** Scale new heights! Some state parks host or offer tree-climbing clinics for the entire family.



No matter how mature your kids are, make sure they understand that they can only try these activities when adults are around.

8- to 10-year-olds can...

USE POWER TOOLS

Mastering tools like cordless electric drills, sanders, and sabre saws is a huge boost for a tween's budding sense of independence. "Kids are also using math, spatial reasoning, and architectural skills when they design and build stuff," says Ken Denmead, a civil engineer and the author of the *GeekDad* series of books.

► **when they're ready** As soon as they are able to follow multi-step directions and are strong enough to hold the tool steady when it's operating, suggests Denmead. Don't proceed if your kid goofs off or daydreams while you demonstrate the safe ways to handle power tools.

► **start 'em off** A simple project for newbies: Using a cordless drill to hang coat hooks. Train your child how to use the tool safely. (Many companies put their instructional videos on YouTube, so you can watch together.) Also ask questions that help him think critically about his work. "Kids need to evaluate their projects," says Tulley. "Turn a question like 'Did I do it right?' into 'Does it look right to you?'"

► **keep in mind** Kids must always wear safety goggles and gloves and tuck in loose clothing while they work. Make sure your child carries tools with bits and blades pointed down and away from his body.

► **build on it** Budding carpenters can move on from hanging coat hooks to building bookshelves, forts, and play houses, as well as wooden storage crates.

GO SOLO

In Japan, children begin walking to school without their parents in first grade. That's a good thing: Exercising before class helps students concentrate. Besides honing a sense of direction, walking alone helps kids become familiar with their surroundings. "Kids get to know their neighborhood and the neighborhood gets to know them," says Lenore Skenazy, author of *Free-Range Kids*.

► **when they're ready** If your child shows good judgment about crossing the street, knows not to head off with strangers, and can ask for help, she's probably ready to venture out alone, or at least with a few pals.

► **start 'em off** Practice walking or riding the route several times together, and point out landmarks along the way.

► **keep in mind** The American Academy of Pediatrics recommends kids go solo at age 10; by that age most have the maturity to know what to do in emergencies. Some school districts also have age restrictions, so check with your child's school.

► **build on it** Have your kid run errands, either on foot or by taking public transportation. That's what I did with my son Peter, who enjoyed his newfound independence so much that he asked for more responsibility. Last summer, when he was 15, he flew to Munich by himself, which required a transfer in Iceland. I knew he could do it—he'd begged me to let him go. And while I was excited for him to have such an adventure, that doesn't mean I wasn't absolutely relieved when he texted me that he'd arrived safely. ■

Prop styling by JoJo Li

Wardrobe styling by Mindi Smith

Grooming by Piret Aava at Next Artists using Clé de Peau

let's party!

These three unique birthday bashes will wow your kid (and make you the envy of Instagram)

BY AMANDA KINGLOFF ■ PHOTOGRAPHS BY GRETCHEN EASTON



hello, dolly

Invite little ones to make a favorite doll their +1 for this sweet celebration!

THE LOOK

Accessorize festive attire for girls and their dolls by adding pom-poms to **paper hats** (1). To make the dolls' teeny toppers, trim standard hats to 4" tall. Secure to dolls' heads with safety pins. (Flower fans, \$3 each, Shopsweetlulu.com)

THE FOOD

Bake **mini cupcakes** (2) in small paper cups. Perch on 2" wooden circles (\$4, Michaels.com) glued to thread spools. Attach rickrack around rim.

THE ACTIVITIES

Make **paper dolls** (3). Use templates at Scholastic.com/pcbday to print out arms and dresses, then print pics of guests' faces. Glue arms and faces to tongue depressors. Outfit a station with stickers, ribbon, and buttons so guests can craft petite frocks.

Play **dollhouse bingo** (4). Instead of numbers, draw toy furniture out of a bag! Players mark spaces on their cards (use our template at Scholastic.com/pcbday) when they get a match!

THE SWAG

Send the dolls off in stylish **dollhouses** (5) fashioned from white gable boxes (\$5 for 12, Orientaltrading.com) adorned with paper doors and windows. Snip paper strips with scalloped shears for the shingles. Fill with crayons and candies. (Balloons, from \$0.50; Honeycomb balls, from \$2, Shopsweetlulu.com)





let's go fishin'

Spend a casual day casting a line in your yard. It's reel-y fun!

THE LOOK

Turn paper grocery bags into **fishing vests (1)** by following instructions at Scholastic.com/pcbday. Glue envelopes to front as pockets; attach plastic fish, bobbers, and feather flies with unfolded paper clips.

Create **bobber lanterns (opposite)** by painting half of a white paper lantern red. Cut a red plastic cup to 3" tall and glue over opening on one side of lantern. Hang with twine.

THE FOOD

Blue-iced cupcakes (opposite) get extra maritime flair with fishing rods made of pretzel sticks, string, and gummy fish.

A tackle box full of **gummy worms (2)** serves as a quick refueling station. (*Fishing nets, from \$4, Partycity.com*)

THE ACTIVITIES

Let kids **"fish" (3)** using magnets attached to wood sticks with twine. Glue metal-washer eyes onto cut-out vinyl fish and float them in water. Find and print our fish template at Scholastic.com/pcbday.

String gummy worms onto a long dowel, raise it up and down, and challenge kids to go **bobbing for worms (4)**!

THE SWAG

Every angler gets to take home a box of **Swedish Fish (5)**. Yum!



Let's Go Fishin':
Prop styling by Megan Kelly
Wardrobe styling by Robin LeBowe
Hair and makeup by Renee Loiz





rock the party

Lights, camera... dance!
Kids star in music vids
at this VIP event

THE LOOK

Provide plenty of colorful **wigs**, **boas**, and **sequins** so guests look like pop stars during their **red carpet entrance** (opposite). (15' red carpet runner, \$7, Partycity.com; Party confetti, \$10, Shopsweetlulu.com)

The rule: No one can go "back-stage" without an **all-access pass** (1). Make 'em from our template at Scholastic.com/pcbday. (Lanyards and plastic badge holders, \$7 for 12, Orientaltrading.com)

THE FOOD

Covered with edible glitter and set in mini ice cream cones, **microphone cake pops** (2) are pop-perfect party treats! Learn how to make 'em at Scholastic.com/pcbday.

THE ACTIVITIES

Set up a backdrop and have kids choreograph a dance to a **music video** (3). Play the tune on your digital device or stereo and film the whole thing on your phone. E-mail the clip to guests after the bash! (8' foil curtain, \$7, Orientaltrading.com)

Bling-out a blank **autograph notebook** (4) so friends and family can scrawl their best wishes to the honoree.

THE SWAG

Let each rocker **decorate sunglasses** to take home (5). (Nomad sunglasses, \$10 for 12, Orientaltrading.com)



Hello, Dolly and Rock the Party:
Prop styling by Jessica Zindren
Wardrobe styling by Mindi Smith
Hair and makeup by Daniella @ workgroup

THE TRUTH ABOUT CHILDHOOD HEADACHES

MIGRAINES ARE SHOCKINGLY COMMON IN KIDS—YET TOUGH TO SPOT. COULD YOU BE MISSING THE SIGNS?

**BY JULIA SAVACOOOL PHOTOGRAPHS BY JOEY MOON
DOLL CREATED BY MARGARET MCCARTNEY**

When Cathy Glaser's daughter Samantha was 2 years old, she developed a troubling illness: Seemingly out of the blue, she suffered episodes of projectile vomiting followed by tears and withdrawal. Glaser couldn't figure out the cause. "She'd be ill for a few hours, but just when I thought I should take her to the doctor, she'd get better," Glaser recalls.

The cycle continued for weeks. Assuming she had a stubborn stomach bug, Glaser took Samantha to the pediatrician. But the actual diagnosis was very different: migraines. “The doctor had seen cases like this in kids before and zeroed right in on it,” Glaser says. “I thought, ‘A headache? Are you kidding me?’ How could that cause all her sickness and suffering?”

It may surprise you to learn that head pain, including migraines, ranks as one of the top five health issues for school-age children, according to a recent study in the *Journal of the American Osteopathic Association*. “Headaches aren’t even on parents’ radar,” says Jennifer Bickel, M.D., a headache specialist at Children’s Mercy Hospital in Kansas City, MO. “They don’t know kids can get them, let alone migraines.”

In fact, the numbers are astounding: 20 percent of kids are considered “frequent sufferers,” meaning they get tension headaches or migraines four or more times in a two-week span, and 30 percent have them at least once a week, according to German researchers. (When migraines start occurring more than once a week, new attacks tend to strike more easily, notes Andrew Hershey, M.D., director of the Headache Center at Cincinnati Children’s Hospital.)

Despite how common migraines are in kids, researchers have yet to fully understand why some suffer from them and others don't. Genetics likely plays a role; if you have headaches, your child's risk is higher. Some kids may also be born with lower thresholds for certain migraine triggers; following exposure, they experience a decrease in serotonin production, which creates inflammation in the brain and leads to head pain, says Jack Gladstein, M.D., director of the Pediatric Headache Clinic at the University of Maryland Medical Center in Baltimore.

What experts know for sure is that debilitating headaches are a disaster for kids in the classroom. For one thing, they're practically assaulted by 





headache triggers the moment they walk in the door. Classrooms are bright, noisy places that, while often fun, can be stressful, says Kimberly Anderson Khan, Psy.D., a pediatric clinical psychologist specializing in pain management at Children's Hospital of Wisconsin. No wonder migraine-prone kids miss twice as much school as their classmates. (Those who *do* manage to make it to class are often severely compromised in their ability to focus.) "Students who miss school because they don't feel well become stressed. The more stressed they feel, the greater the chance of another headache—and missing *more* school," says Dr. Bickel.

Besides causing kids to fall behind on their work, absences disrupt emotional growth, Dr. Khan notes. Just a few days away from peers is a lifetime for kids this age. They return to endless questions about where they've been and they lose the "plot" in peer dynamics and relationships. "Kids can feel out of sync and like they're being singled out," Dr. Khan says. It can trigger a vicious cycle.

Fortunately, this guide can help parents end that cycle.

Read on to find out how to spot debilitating headaches—and quickly get kids the relief they need.

DECODING MIGRAINE SYMPTOMS

Migraines don't present in children the same way they do in adults. (Glaser's daughter, for instance, had never said that her head ached.) "Kids know they don't feel well but don't begin to identify it with head pain until age 7 or 8," says Dr. Bickel. This doesn't mean children don't experience actual headaches; rather, they may not know how to put what they're feeling into words. (If your child struggles to describe how he's feeling, ask him to draw a picture of where it hurts.)

To determine if your kid could be suffering from migraines, "**watch for a cycle of pain** so bad that a child

has to stop what she is doing and lie down," says Dr. Gladstein. "The pain can last for an hour to a day. Then it disappears and the child has a period of normalcy—maybe a few days or a week—before it returns."

Keep in mind, the **most obvious symptom may be stomach pain or nausea**, says Dr. Gladstein. Indeed, stomachaches are what usually get kids to the doctor, says Dr. Bickel.

While your child's M.D. may order certain tests like a vision exam or even a CT scan to rule out an underlying disorder, usually **migraines can be diagnosed through a conversation.**

3 frequent triggers

If your kid suffers from headaches, try to ID the most common causes so you can avoid them as much as possible.

Chances are, one of these three will top the list:



an irregular diet

Skipping or delaying meals, dehydration, and caffeine can all spark pain. "Migraine sufferers' brains may be more sensitive to changes in normal daily rhythms," Dr. Hershey explains.

AVOID IT Provide three meals a day, plus a morning and afternoon snack. Pack easy-to-eat options (e.g., turkey on whole wheat) and stick with healthy snacks like apples, bananas, veggie sticks, and low-fat cheese cubes. Kids also need 6 to 8 glasses of fluid daily, most of which should be caffeine free and without added sugar.



sleep trouble

Too little, too much, and irregular sleep are all connected with an increased risk of head pain, possibly because each issue can cause an imbalance in the brain's neurotransmitters, including serotonin, says Dr. Bickel.

AVOID IT Set a regular bedtime and skip sleeping in on weekends. For kids getting under 8 hours of sleep nightly, inch bedtime forward by 15 minutes a night until kids are getting 10 to 11 hours total.



performance anxiety

Stress relating to an event your child has invested a lot of energy in preparing for, like a guitar recital, can lead to tension in neck and shoulder muscles, which can trigger a headache.

AVOID IT Relaxation techniques may help. Read books like *Be the Boss of Your Pain* by Timothy Culbert, M.D., who teaches kids de-stressing skills. Also check out kid-focused relaxation apps, such as Breathe2Relax, which talks users through breathing techniques, and iCan: Anxiety Free, an easy meditation primer.



simple steps for easing the ouch



There's no foolproof method for squashing headaches once they start, but these tricks may help tame the pain:

step one

► **help kids spot symptoms early** "Kids are good at ignoring head pain initially and playing through it," says Dr. Hershey. "By the time they tell their parents that their head hurts, it's often too late." So teach your child to recognize signs of an oncoming migraine (feeling tired, dizzy, or bothered by light or noise) and to tell an adult right away.

► **drink up** Once a headache begins, your first line of defense is to make sure your child is hydrated. "Try a sports drink," says Dr. Hershey. "The electrolytes they contain have been found particularly effective in reducing symptoms."

► **find a quiet spot** Headaches are exacerbated by loud noises, heat, and bright lights, so try this strategy from the National Headache Foundation: Have your child lie down in a dark, quiet, cool room with a cool washcloth on her forehead.

step two

► **go OTC** For kids age 6 and up, give ibuprofen according to package instructions.

(Ibuprofen is preferable to acetaminophen because it is an anti-inflammatory.) Just don't use it more than two or three times a week, says Dr. Hershey—overuse can lead to rebound headaches once the meds wear off.

► consider Rx relief

If OTC meds aren't doing the trick, your next step is to talk with a pediatrician about triptans, prescription meds that work by stimulating the production of serotonin, a neurotransmitter that helps constrict brain blood vessels and lessen pain.

"There are seven triptans on the market, two of which have been approved for use by children and adolescents with minimal side effects," says Dr. Hershey. Rizatriptan (Maxalt) can be given to those as young as 6, while Almotriptan (Axert) can be prescribed to kids 12 to 17.

► **ask about preventive pills** Some kids who suffer frequent migraine attacks may benefit from a daily prescription that can stop headaches *before* they start. Because there are currently no preventive medications approved for use in children, doctors generally go "off-label" with prescriptions; ask the pediatrician about options that can help, including amitriptyline (an antidepressant), topiramate (an anti-epileptic), and propranolol (a beta blocker), as well as supplements like riboflavin and CoQ10.

Keep in mind that a daily Rx now does not guarantee that your child will be on meds for the rest of her life—to the contrary, actually. As children also learn to maintain a healthier lifestyle and avoid triggers, preventive medication can often be stopped.



should i worry?

If your child shows any of these symptoms, his headache requires immediate medical attention:

numbness or tingling

severe dizziness

confusion

speech difficulties

step three

► formulate a plan

Migraine meds work best if taken at the earliest sign of head pain—which means having access to them at school. Work with your child's teacher or school administrators to devise a system where she can leave the classroom quietly and go straight to the nurse's office for medication if she feels a headache coming on.

Just knowing she has an action plan in place—not to mention a designated spot to rest—can relieve your child's anxiety about what will happen if pain strikes. ■

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tape into a leaf
shape and add
kids' names.
Wrap around
the "stem!"

springtime sweets

Turn your child's fave Easter basket bounty into four fun holiday treats



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imagine it,
you can
make it.

Make Rice Krispies® treats with your
little ones and share the holiday fun.

jelly bean cookie pops**MAKES 24 COOKIE POPS***Store-bought dough makes quick work of these blooms*

- 1 16-oz package of bake-and-break sugar cookies**
- 1 tube white icing**
- 1 7.5-oz bag jelly beans**
- 1 7.5-oz bag gumdrops**

1. Arrange bake-and-break sugar cookies on parchment-lined baking sheets. Insert a cookie pop-stick into each and bake as directed. Let cool completely.

2. Cover cookies in white icing and decorate with jelly beans and gumdrops, sliced in half.

robin's egg macaroons**MAKES 8 NESTS***Coconut flakes provide the ideal edible nests for petite, pastel-hued chocolates*

- 1½ cups shredded, sweetened coconut**
- 2 egg whites**
- 1 tsp vanilla**
- ¼ cup sugar**
- 1 10-oz bag Whoppers Mini Robin Eggs**

1. Preheat the oven to 325°F and line a baking sheet with parchment paper. Combine coconut, egg whites, vanilla, and sugar in a bowl; mix well.

2. Spoon the mixture into eight mounds on the baking sheet. Use your finger to make an indent in the center to form a nest shape. Bake for 25 minutes; let cool.

3. Fill the nests with Whoppers Mini Eggs or other egg-shaped chocolate candy.

jordan almond truffles**MAKES 20 TRUFFLES***These treats seem fancy—but you make 'em in the microwave!*

- ¼ cup heavy cream**
- 12 oz white chocolate chips**
- ½ tsp almond extract**
- Pinch of salt**
- 1 7.5-oz package Jordan almonds**

1. Combine heavy cream and chocolate chips in a microwave-safe bowl. Heat in 15- to 20-second intervals, stirring after each, until chocolate is melted and cream is incorporated.

2. Stir in almond extract and a pinch of salt; refrigerate until set but moldable, about 1 hour.

3. Crush different colors of almonds in the food processor, one color at a time; place in separate bowls.

4. Scoop 1 Tbsp of truffle mixture and roll between your hands to form a small ball. Roll in almonds to coat. Repeat, alternating almond colors until truffle mixture is gone.

creme egg cupcakes**MAKES 12 CUPCAKES***Surprise! A classic Easter candy gives these sweets an extra-gooey center*

- 1 9-oz box cake mix, or your favorite homemade recipe**
- 12 Cadbury Creme eggs**
- 1 16-oz tub of vanilla frosting**
- 12 'Nilla wafers**
- Gel icing in colors of your choice**

1. Prepare your favorite cake batter. Fill cupcake liners halfway with batter and insert a Cadbury egg vertically. (It's okay for the top of the egg to stick out from the batter, which will rise.) Bake as directed. Let cool completely.

2. Use frosting to attach a 'Nilla wafer (or other small, round cookie) so that it hangs off the edge of the cupcake. This will create the tapered egg shape.

3. Cover the cookie and cupcake with frosting and smooth edges into the egg shape. Decorate with gel icing.

*Food Styling by Jason Schreiber
Prop Styling by Mariana Vera*

Bunny Treat



Ingredients



Imagine and share your best creations on Facebook.

VEGGIE MEALS IN MINUTES

You'll love that these meatless dishes are packed with protein and nutrients—and that they're quick enough for a weeknight!

BY ERICA CLARK

PHOTOGRAPHS BY RYAN LIEBE



VEGGIE BURGERS



TOFU TENDERS

tofu tenders

SERVES 4

- Olive oil cooking spray
- 1 14-oz package extra-firm tofu
- ¼ cup mayonnaise
- 2 Tbsp yellow mustard
- 1¼ cups whole-wheat panko bread crumbs
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ½ tsp garlic powder
- 2 Tbsp fresh parsley, minced
- Sauce, for dipping

1. Position racks in the lower and upper thirds of the oven; preheat to 400°F. Line baking sheet with foil; coat with cooking spray. Pat tofu dry. Slice into tenders; pat dry.

2. Combine mayonnaise and mustard in a bowl. Place panko in another bowl and season with salt, pepper, garlic powder, and parsley.

3. Dip tenders in mayonnaise mixture; toss in crumbs to coat. Transfer to baking sheet; mist with cooking spray. Bake on the lower rack for 10 minutes, then on the upper rack for 10 more minutes. Serve with your choice of sauce.

quick peanut noodles

SERVES 4 TO 6

- 1 lb box fettuccine
- 1 cup frozen shelled edamame
- 1 cup shredded carrots (about 2 large carrots)
- $\frac{1}{2}$ cup creamy peanut butter
- 3 Tbsp soy sauce
- Juice of 1 lime

1. Bring a large pot of salted water to a boil. Add fettuccine and cook according to package directions, adding edamame and shredded carrots during the last 5 minutes. Reserve 1 cup cooking water; drain.

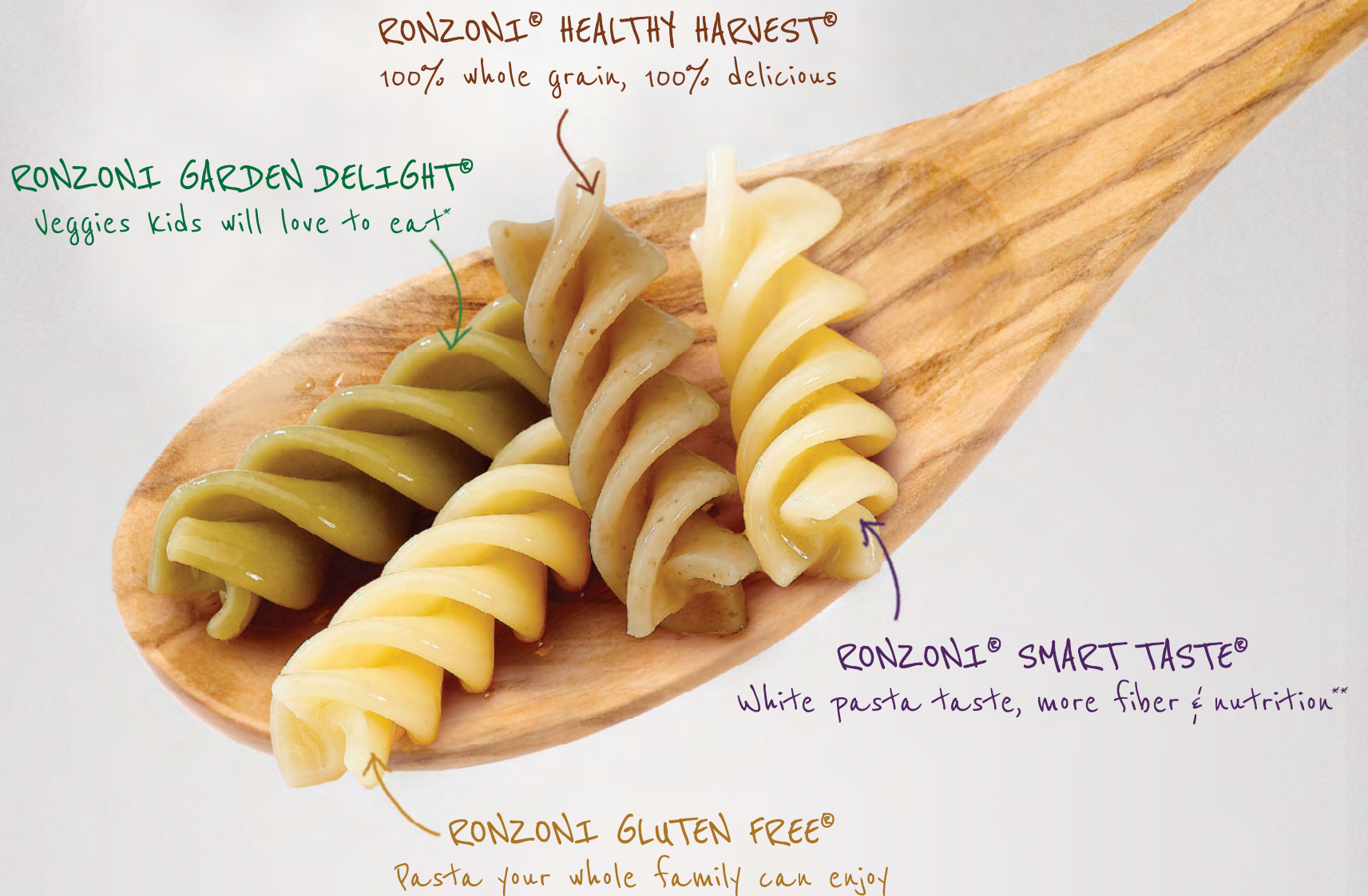
2. Whisk peanut butter, soy sauce, and lime juice in a bowl. Add some of the reserved pasta water to make a pourable sauce. Toss with the noodles and vegetables. Add more pasta water to loosen.

QUICK
PEANUT
NOODLES

SWEET POTATO
AND BLACK
BEAN TACOS

PORTOBELLO
PIZZAS





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veggie burgers

MAKES 6 BURGERS

- ¾ cup brown lentils**
- 2 cups water**
- Salt and pepper**
- 1 15.5-oz can chickpeas, drained and rinsed**
- 1 Tbsp mild chili powder**
- ½ cup roasted, unsalted cashews**
- ½ cup chopped red onion**
- 1 egg, lightly beaten**
- 1 to 2 Tbsp finely ground cornmeal**
- 2 Tbsp olive oil**
- 4 potato rolls, toasted**

1. Preheat oven to 375°F. Line a baking sheet with foil. Combine lentils and water in a saucepan; bring to a boil. Reduce heat to a gentle simmer. Cover and cook until lentils are tender, 25 minutes; drain. Season with salt and pepper.

2. Meanwhile, toss chickpeas with chili powder on prepared baking sheet. Bake until crunchy and starting to split, about 25 minutes.

3. Combine cashews, red onion, chickpeas, and ½ tsp salt in a food processor and pulse until it's crumbly but holds together when squeezed.

4. Transfer cashew mixture to pot with lentils. Add egg and stir to combine. Let cool.

5. Form into 6 patties. Sprinkle outside of each with cornmeal.

6. Heat olive oil in a large skillet over medium. Cook patties until golden brown, about 2 minutes per side. Serve on potato rolls.

sweet potato and black bean tacos

MAKES ABOUT 8 TACOS

- 1½ lbs sweet potato, peeled and diced**
- 1 Tbsp olive oil**
- ½ tsp salt, plus more to taste**
- Black pepper**
- ¼ tsp cayenne pepper (optional)**
- 2 15.5-oz cans black beans, drained and rinsed**
- 2 tsp cumin**
- ½ cup water**
- 1 avocado**

- ½ cup sour cream**
- 2 Tbsp lime juice**
- 8 taco shells**
- Fresh cilantro, for topping**

1. Preheat oven to 375°F and line a baking sheet with foil. Toss sweet potatoes with olive oil, ½ tsp salt, pepper to taste, and cayenne pepper, if using. Spread on sheet. Bake until tender, about 20 minutes.

2. Combine black beans, cumin, and water in a small pot. Cook over medium, stirring occasionally, 5 minutes. Coarsely mash beans with a fork. Season with salt and pepper.

3. Combine avocado, sour cream, and lime juice in a food processor; puree until smooth. Dilute sauce with water if it seems too thick.

4. Fill taco shells with a scoop of beans and sweet potatoes. Top with avocado sauce and cilantro.

portobello pizzas

MAKES 4 PIZZAS

- 4 large Portobello mushrooms**
- 1 Tbsp olive oil, plus more for brushing**
- Salt and pepper**
- 1 5-oz package fresh baby spinach**
- ½ cup marinara sauce**
- 8 tsp whole-wheat panko bread crumbs**
- 1 cup shredded mozzarella**
- Torn fresh basil, for topping**

1. Preheat oven to 400°F. Remove mushroom stems and scrape out gills with a spoon. Brush with olive oil and season with a pinch of salt and pepper. Arrange gill side down, on a foil-lined baking sheet, and bake 12 minutes. Remove from oven, flip mushrooms, and pat dry.

2. Meanwhile, heat 1 Tbsp olive oil in a skillet over medium-high. Add spinach and cook, tossing, until leaves are wilted and liquid has evaporated. Add marinara sauce; stir to combine.

3. Fill each mushroom with 1 to 2 Tbsp spinach mixture. Sprinkle with 2 tsp bread crumbs, then add mozzarella. Broil until cheese is melted and bubbly, about 2 minutes. Top with torn fresh basil.

*Food styling by Jason Schreiber
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TOGETHER TIME

WHEN FAMILIES CONNECT



SECRETS OF SUPERTRAVELERS

SOME BRAVE SOULS TAKE THEIR KIDS AROUND THE WORLD. HERE'S WHAT THEY CAN TEACH THE REST OF US



Shortly before I became pregnant with my first child, my husband and I went to Japan. Eating noodles in Kyoto, we watched out the window as schoolchildren skipped through the rain. “Let’s take our kids here someday,” I said. “We’ll show them the world.”

Now, seven years later, we have two children and two expired passports. Recently my husband asked if I was game for a family weekend at the beach

and I said, “Absolutely not.” Just the idea of packing filled me with terror.

That anxiety is common among parents. (Who hasn’t broken into a cold sweat worrying that their child will turn into a banshee as the plane lifts off?) Still, plenty of people gallivant around with kids in tow. I turned to those courageous specimens for advice on traveling with little ones, starting with Mara Gorman, author of *The*

Family Traveler’s Handbook, who has logged frequent flyer miles with her sons, 9 and 12, since they were infants.

“Relax,” she says. “If you expect that things will go well, most of the time they will. Maybe not exactly as you planned, but the time spent together will still be rewarding.” In other words, don’t let fear of imperfections deter you. An adventure is, after all, *an adventure*.

DO PLANE PREP

To me, even a two-hour flight prompts dread. Meanwhile, some folks don't think twice about flying across several time zones. What tricks do these parental ninjas employ?

For one thing, Gorman suggests making the airport part of the trip. (Most of the major ones now have kid-centric play areas.) Arrive early so kids can run around and expend energy.

Another tip: Though early boarding for families is seen as a perk, you should aim to be among the *last* on the plane. "The less time kids are stuck in their seats, the better," Gorman says. (Do board early, however, if that's the only way to ensure you're all sitting together.)

What about when an adult seatmate shoots you the stink eye? "Introduce yourself and say that you're going to try to keep the kids under control—it diffuses any tension right away," says Rainer Jenss, who traveled the world for more than a year with his wife and two sons, then ages 8 and 11. If it gets really bad, you can always buy your seatmate a drink.

Jenss, founder of Familytravel.org, also recommends carrying wrapped treats (opening them is part of the fun) like puzzles. Let kids have one at the start of the flight and promise to dole the rest out at intervals if they behave.



OFFER MEAL OPTIONS

What do globetrotting parents with picky eaters do... learn to say "noodles with butter but not twisty ones" in six languages?

Actually, they just plan better than most of us. That means scanning menus online ahead of time to pinpoint kid-friendly standbys and having everyone choose what they want to order before arriving at the eatery, to shorten sitting-still time.

When it comes to trying unfamiliar local cuisine, make it an adventure. "Go to an exotic restaurant; the kids will get a kick out of it," Jenss says. "With Asian food, for example, they'll want to try the chopsticks to see if they can do it."

You're better off doing less and providing kids some normalcy. A good rule of thumb is to visit one attraction per day, no more.

Just as you would at home, model sampling dishes without forcing the issue. Advises Jenss: "Say, 'Whoa! This is an octopus! I'm going to eat it; are you?'" Curiosity may get the better of them!

If your brood isn't that intrepid, find a diner. "Eating breakfast for dinner is fun for kids," notes Gorman. It's also smart to visit a local market early on and load up on high-protein snacks.

Always carry nibbles and water. That way, you don't have to stress if little ones skip a meal. "Just

keep them hydrated," says Jenss. "Worse comes to worst, order them a dessert."

SEE LESS

Well-traveled parents agree: You're better off doing less and providing kids some normalcy (for example, their regular nap). A good rule of thumb is to visit one attraction per day, no more. (Have a backup in case your destination turns out to be less fun than advertised.) That rule isn't just for the kids' benefit. "Spending more time in fewer places makes a trip more relaxing for everyone," Jenss notes.

It's worked for Laura Hay-Hamilton, who's RVing around the country with her two sons. She creates continuity with the "4 × 4 plan." The family travels



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TIME TOO



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four hours or fewer at a time and stays put for four days, enough time to appreciate each spot without making the trip feel like a slog. “It helps the kids know what to expect,” she says. (Find more tips at Hamiltonmodernnomads.blogspot.com.)

Honoring your kids’ natural rhythms will also spare you pain. If you know they do best with physical activity first thing, plan your hike for the morning. If they’re usually low-energy upon waking, don’t sign up for the 8:00 a.m. tour.

Despite your best efforts, though, you will likely face moments when the kids just don’t want to do *anything*. You may have a day when your big activity is just

hitting the hotel pool. And that’s okay, says Gorman: “In those moments, it’s your job to let some things go.”

LET KIDS TAKE TURNS

Balancing sibling wants is another key process that should start early. While shaping your itinerary, consider each child’s interests. Then, give them some ownership over the trip by presenting options and letting them choose.

Globetrotting mother of six Amanda Mays kept peace between her equine enthusiast and her World War II buff by letting them know ahead of time that their trip would involve seeing both Lipizzaner stallions and battlefields. Remind little ones: “We’re taking a boat ride today because your brother really

wanted to; tomorrow, we’ll go to the park you picked.” Knowing that their turn is coming helps kids endure a sibling’s choice of activity.

“Most of the time when there’s a disagreement, the kids have teamed up against us and tried to veto some plan,” says Bliss Broyard, who chronicles her trip around the world with her two children at 4intransit.com. She’s learned that sometimes it’s smarter *not* to announce the schedule to avoid building up resistance. Kids love to have some agency, but only offer them the choices you actually want them to make. Not, “We’d like to take the train this morning, okay?” But rather, “Do you want to sit in the front of the train or the back?”

Sometimes it makes the most sense to divide and conquer. “My husband and my older son are more into sports, and my younger son couldn’t care less, so he and I will go to a museum while they’re at a game,” says Gorman. “The kids get space and we regroup later.”

On the other hand, you may just find that sibs get along better on the road than at home—that’s something I’ve learned on my own travels. Even day trips have the power to magically transform kids into an away-team of explorers, rather than opposing sides warring over resources at home. ■

MORE TRAVEL TRICKS

► For longer flights, take the red-eye to keep kids’ sleep patterns intact.

► On the plane, let kids have coveted snacks they’re not allowed to enjoy at home. (Just make sure there’s no caffeine!)

► Bring favorite toys or books from home to make bedtime rituals as familiar as possible.

► Don’t be afraid to do only half a tour or leave an attraction if the kids aren’t into it. “Travel as if you’re going to return, even if that’s not the case,” says Gorman. “It takes the pressure off.”





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WHY LITTLE KIDS LOVE TO TRAVEL

BY JUDY KOUTSKY

It's tempting to put off special vacations until your kids are older, but there's a lot preschoolers gain—and remember—from traveling at a young age. A few reasons to get packing:

► YOU'LL INSPIRE A PASSION

When preschoolers travel, they're exposed to things that may spark special interests that they (and you) didn't know they had. "A child who sees the Empire State Building may become fascinated with construction. Another who walks through the forest in Yosemite may become interested in all kinds of plant life," says Barbara

Harvey, a nationally certified family worker in Atlanta. You never know what kids will latch on to.

► THE MEMORIES WILL LAST

Traveling with little kids is particularly special because they remember feelings and moments adults may have overlooked: the warm sand under their feet, their first taste of a crunchy *churro*, being with you when fireworks lit up the sky. Those emotional firsts really do create a lasting imprint—and they help feed an internal happiness meter that preschoolers carry with them for years.

► THEY DEVELOP A WIDER LENS

Visiting a new place is one of the most active forms of learning. "Seeing the Grand Canyon or Niagara Falls is a great way to explore the creative possibilities of a child's imagination," says Jarred Geller, a pre-K teacher in Oklahoma City. Little ones can form new connections between ideas and experiences. It can even foster language development. "The students in my class who've traveled tend to be the most talkative because they have these special moments to share."

► EXCITEMENT IS CONTAGIOUS

Another big joy you'll get when traveling with preschoolers? Being there to experience how everything is new and super-amazing to them. Their wonder at seeing real cowboys riding horseback or an actual giant sea turtle *right there* is almost palpable, and no one in the family (even big sibs!) will be able to resist. ■

GET READY TO HIT THE ROAD!

Don't miss our Ultimate Preschool Travel Guide at Scholastic.com/smartfamilytravel.



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WEEKEND FUN!



SWING AROUND

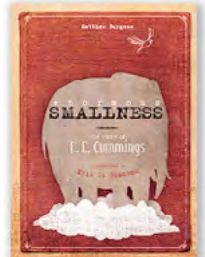
Disneynature's new documentary, **Monkey Kingdom**, out April 22, follows a mother monkey and her son as the pair navigates life in the Sri Lankan jungle. The flick gives viewers a peek into social structures of different families—and species!



Members of the Temple Troop stick together.

RECITE AN ODE

Share these lyrical reads with your kids for National Poetry Month:



ENORMOUS SMALLNESS: THE STORY OF E.E. CUMMINGS
by Matthew Burgess
This illustrated biography features the poet's verse. *Enchanted Lion*, \$14.



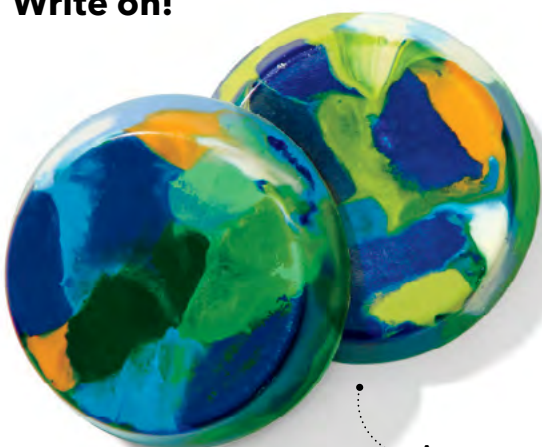
A CHILDREN'S TREASURY OF POEMS
by Linda Bleck
Introduce rhythm and rhyme with a collection of classics. *Sterling*, \$7.



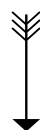
BEASTLY VERSE
by JooHee Yoon
Sixteen wild poems come alive in this romp through the vibrant animal world. *Enchanted Lion*, \$15.

GO GLOBAL

Celebrate **Earth Day**, April 22, by upcycling your craft supplies. Gather leftover bits of blue, green, and yellow crayons and peel the paper off. Arrange in a 1-inch layer in a muffin tin. Bake at 300°F for 20 minutes; let cool. Write on!



A new world for old crayons!



TUNE IN

Netflix now boasts on-demand programming that caters to young viewers with streaming shorts based on kiddie movie faves. Check out the new shows, which star such beloved Dreamworks characters as **Puss in Boots**, the **Veggie Tales** crew, and the whole gang from **Madagascar**!



get into the groove

It's **Jazz Appreciation Month**. Kids will be jamming with **Jumpin Jazz Kids: A Swinging Jungle Tale**, which combines tunes with creative storytelling. *Jumpin jazzkids.com*, \$13.

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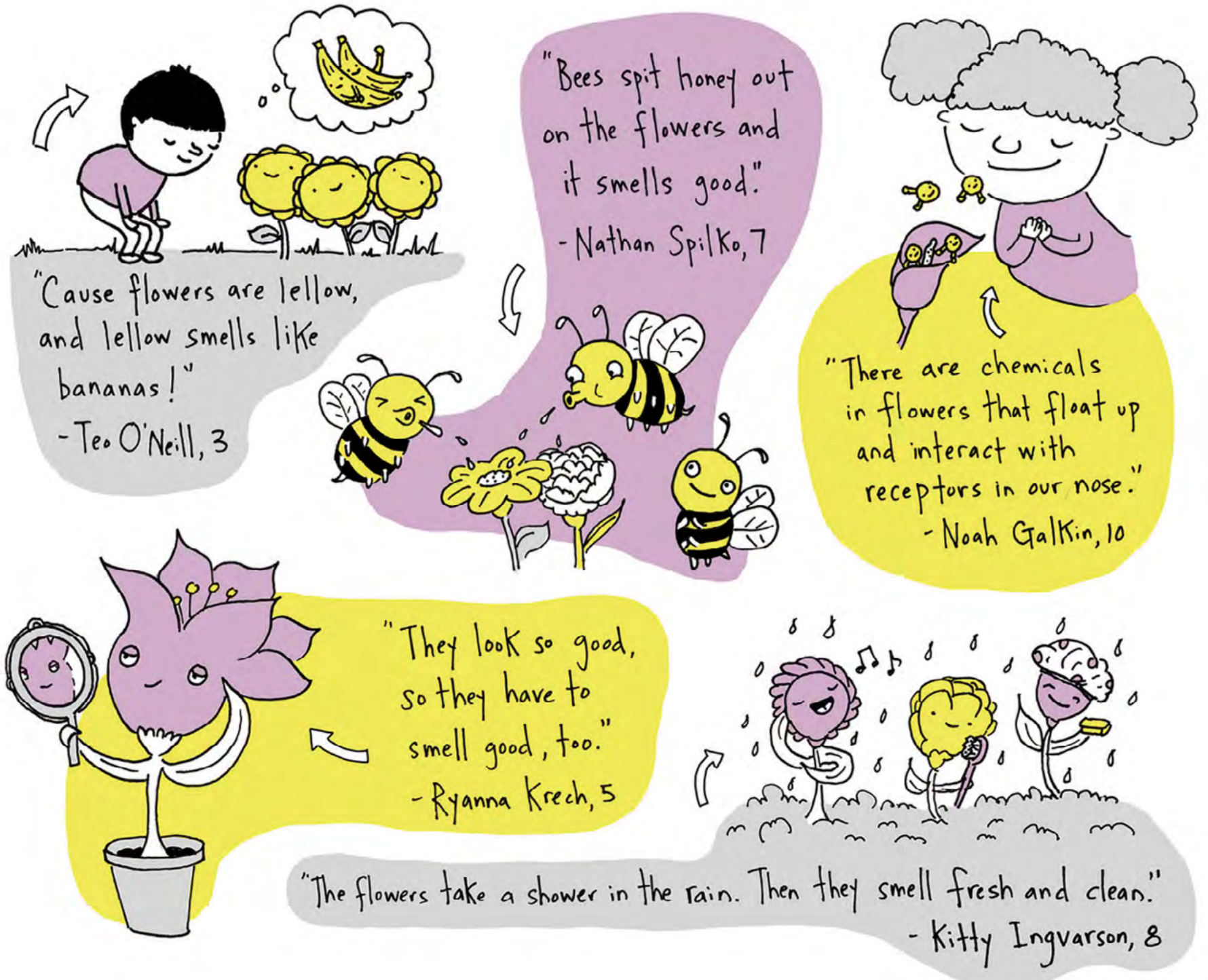
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THE REAL ANSWER

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FUN FACT

Every flower has its own unique fragrance. **No two blooms smell the same**, even if they look just alike!

DID YOU KNOW?

Flowers that attract **flies** and **bees** have **sweet scents**, while those that lure **beetles** have strong **musty**, **spicy**, or **fruity** odors.

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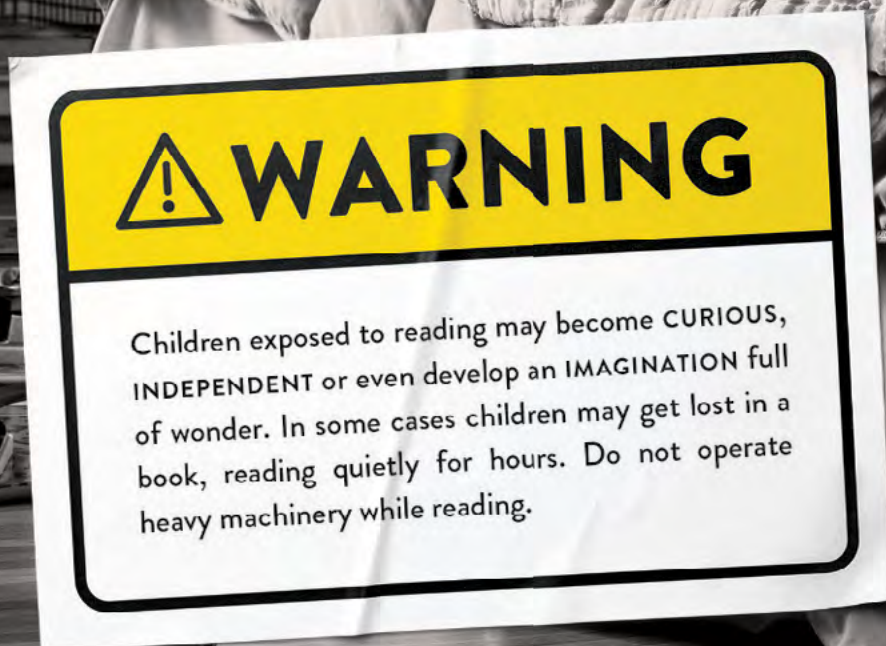
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